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HOW TO LIVE LONG

HOW TO LIVE LONG;

OR,

HEALTH MAXIMS, PHYSICAL, MENTAL, AND MORAL.

BY

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LONDON:

SAMPSON LOW, MARSTON, LOW, AND SEARLE,
CROWN BUILDINGS, 188, FLEET STREET.

1875.

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LONDON:
PRINTED BY WILLIAM CLOWES AND SONS, STAMFORD STREET
AND CHARING CROSS.

PREFACE.

To live long, is to live well, by eating and drinking abundantly of "all the good things of this life" in their season, in their freshness, in their perfection; not only of the fruits of the orchard, the vegetables of the garden, and the grains of the field, but of the birds of the air, the fish of the sea, and "the cattle upon a thousand hills;" by gathering about us the comforts, conveniences, and luxuries of life; by cultivating the higher tastes of our nature; by cherishing the affections and by the promotion of all that innocently enlivens, exhilarates, delights, and enraptures.

How to do these things in such a way as to preserve and promote the highest health and thus double their value, is the object of this book. The aim is to make the lessons short, concise, specific, and to the point, in the fewest possible words, to compel the reading of them and so impress them on the mind by fact and warning and incident and

example and anecdote, that they cannot be forgotten in a lifetime.

It is intended also in the same way to communicate some generally accepted principles in their application to the preservation of health, and the cure of disease without medicine, in short phrase, few words, and disconnected sentences ; to be taken up and laid down at a moment's notice, on steamship, tramway, packet, or rail-car, at such odds and ends of time as fall to the lot of travellers and others, which else might not be appropriated so usefully, because in this age of restlessness and hurry the care of the health, like the search for religion, is considered one of the things which can be dispensed with, until a more convenient season in the future. It is hoped that some who would not spend the time to hear a lecture or read a book may be enticed to peruse a paragragh now and then in reference to the care of the body, which, in being put into practice, may have an important bearing in the prolongation of life ; thus teaching the reader

"How to Live Long."

HOW TO LIVE LONG.

HEALTH IS A DUTY.

1. One of the happiest and most independent of all human occupations is that of an intelligent farmer, whose land is paid for, and who keeps out of debt.

2. The fascination of salaried positions is but too often the fascination of a serpent which beguiles but to destroy.

3. Be your own master and master of your calling, and you will soon become the master of others.

4. Next to religion, there is no element so essential to success in life, as vigorous, robust health.

5. A sound mind in a sound body is a fitting foundation for all that is high and noble in human achievement.

6. The safest and best remedies in the world are warmth, rest, and abstinence,—the brutes employ these.

7. Physical, mental and moral health are interdependents, hence what improves or promotes one, improves and promotes the others.

8. Almost all feel gratified at every pound's increase in weight, as if people like pigs were measured by fat.

9. To live well is a glory, to die well is a bliss.

10. A wise care of the health in youth is the best assurance of a long life, as an early attention to religion is the foundation of an immortal existence.

11. That man lives the longest who does the most good.

12. He brings the most happiness to himself who does most to promote the happiness of others.

13. In one's last sickness, there is no solid enjoyment except in the consolations of the Christian religion.

14. The most healthful form of exercise is that which involves exhilarating out-door activities.

15. The youth becomes a man the very day he begins to feel uneasy at the idea of being dependent on another.

16. That old man! what disappointments he has encountered in his long journey, what bright hopes blasted, what sorrows felt, what agonies endured, how many loved ones he has covered up in the grave. And that old woman too! husband dead, children all buried or far away, life's flowers faded, the friends of her youth no more, and she waiting to go soon. Ought we ever miss an opportunity of showing attention to the aged, of proffering a kindness or lighting up a smile, by a courteous act or a friendly deed?

17. Delicious sleep comes oftenest to the young and the day labourer.

18. A cheerful disposition is the sunshine of the soul.

19. The mental states have a more controlling influence over the bodily condition than most persons imagine.

20. There is no better way, no safer way, no easier way, no surer way of saving children from the debasing influences of the street, from corrupting associations, and from the acquisition of vicious and hurtful practices, than to make home attractive.

21. The education of the young should properly commence with the grandmother, for it takes about two generations to eliminate the plebian from the character and constitution.

22. Cold is the greatest enemy of old age.

23. Ventilation is perfect in proportion as the air of an apartment is kept equal in purity to that of the external atmosphere. This is best done in private dwellings by having an open fire-place.

24. Nature is very much like a shiftless child, who the more he is helped the more he looks for it. The more medicine a man takes the more he will have to take, whether it be anodyne, tonic, or alterative.

25. The thinnest veil or silk handkerchief thrown over the face while riding or walking against a cold wind is a remarkably comfortable protection.

26. When alcohol was first introduced into the world in its concentrated form, about the year one thousand, it was called "Aqua Vitæ," the water of life, the great catholicon for human maladies, but it soon became the "Aqua Mortis," the water of

death, the source of mortal woes incalculable, hence the curious lines :—

"Is 'Aqua' alcohol?
Yes, aquafortis;
'Aqua vitæ' once,
Now 'Aqua Mortis.'"

27. Many men with a Bible, a Concordance, a Hymn Book, and vigorous health, become more efficient ministers of the gospel than others who, with the advantage of splendid libraries, and the disadvantage of being sickly, have been but cumberers of the ground,

28. To sleep well a man must work hard.

29. If thrown into the water and the strength is failing, turn on the back with only the nose and toes out of the water, hands downward and clasped. This should be practised while learning to swim, as a means of resting from great fatigue in swimming.

30. We shrink with horror at the thought that we, our wives or our children, may possibly die in a mad-house, and yet it can be made impossible by a reasonable attention to the laws of life and health, and by an active, stirring life.

31. Exercise to the extent of great fatigue does more harm than good.

32. Never sit or stand with the wind blowing on you for a single moment, for it speedily produces a chill, to be followed with a fever and then a bad cold.

33. A hearty meal, taken while excessively fatigued, has often destroyed life.

34. Health and good nature are generally associated.

35. On a freezing winter morning, to enter a warm breakfast room, with a blazing fire and a snow-white table covering, with cheery faces all around giving hearty welcome, is one of the many domestic felicities of a happy marriage.

36. The "sands of life" are yielded by the food we eat and the water we drink; they constitute the foundation of the nails and hair and the scales of the skin, for we are all a scaly people, differing from the fish only that ours are smaller, and of variable quantities—morally.

37. Water is by much the largest constituent of our frames, used to render the other more solid portions plastic; but all decay and die, having been but the casket of the soul, destined for immortality and eternal life.

38. Cleanliness, in all the surroundings of a family mansion, pays richly in many ways, in good health, moral elevation, personal comfort, and dollars and cents besides.

39. The comforts and conveniences of life save trouble, save labour, economize time, and add to our happiness generally.

40. A sour look, an impatient gesture, a cross word at the breakfast table is enough to make the best food indigestible and spoil a day.

41. Chilliness of body dampens the spirits, sours the temper, and renders the whole man unlovely.

42. The ashes of the cremated Lady Dilke weighed just six pounds; so that, after all, our bodies are made up of a few pailfuls of water and a little dust.

43. Life is warmth, growth, repair, and power to labour, and all these are derived from the food

we eat and the fluids we drink, and these should be good.

44. At every period of life, at all seasons of the year, and from the tropics to the poles, in every clime and country, the temperature of the human body in health is the same to a degree, that is, ninety-eight of Fahrenheit; hence we should eat in winter mainly of warming food, such as meats, fats, oils, sugar, and all the grains, farinas, and starches; in summer, the fruits and berries, and melons and vegetables of the field, the garden and the orchard, which cool and open, and ventilate the system.

45. The metals are dissolved by the rains and feed the plants, they in turn feed the animals, and they in turn sustain man, in order to fit him for the duties of time and the rewards of an immortal existence.

46. A generous nature never hurts the feelings intentionally.

47. Little do the young and vigorous know how the old appreciate those delicate attentions which they so often need in the journey of life, and which it costs so little to bestow, how it cheers their hearts and lifts them up with a delighting thankfulness!

48. A good laugh is anti-dyspeptic.

49. As argument in the presence of third persons quickly degenerates into the ignoble ambition of victory, rather than conviction or instruction, and is unprofitable, so is reproof, except when the two are alone; else the admonition is received with impatience, indignation, or revenge.

50. To remind of a favour is not kind; to speak of it offensively, more than cancels the obligation.

51. To leave the best for others is generous, to

select the best for one's self is the meanest of all traits.

52. The "gentleman" is magnanimous, the "lady" is serene.

53. The portion of the body which most requires protection against cold and wind is that between the shoulder-blades behind, as it is at this point the lungs are attached to the body, and the blood is easily chilled.

54. To spend two or three moments, on rising and retiring, in rapid friction of the whole surface of the body with the hand, is a more rational treatment of the skin, and a more health promoting operation, for most persons, than a daily cold water bath.

55. The wisest men are those who aim to live in such a way as to grow old without aches or pains.

56. No rational mind can fail to see that it is a wisdom and a duty to guard against the causes, and watch vigilantly against the indications of such diseases as dyspepsia, which often so influences the mind as to subvert the whole character, making a wreck of happiness, heart, and life together.

57. The worst cold may be promptly cured if, within twenty-four hours after it has been taken, the patient will keep warm in bed, and eat little or nothing for a day or two.

58. More than one fourth of all the inmates of insane asylums are from the families of farmers and merchants; from the former because the wives are overworked, and the husbands lack mental culture and variety of occupation, having little to stimulate to mental activities, and a scant knowledge of the laws of health. From the latter in

consequence of the reverses of mercantile life. Merchants' families, all over the United States, are among the higher classes, and when they become bankrupt, the mind fails in the attempt to grapple with the difficulties and mortifications of their changed condition, and being without the means to start again in business, and without a trade to compel a support, they soon fall into despondency and discouragement, and the mind topples over.

59. A good cleansing of the entire body with soap and warm water once a week, is all the bathing the human system requires for purposes of health, in ordinary circumstances.

60. Never sit with the back to a window or door, even if closed, for the air coming in at crack and crevice will certainly give a cold.

61. It is not healthy in any country, at any season of the year, or at any time of life, to get up early, habitually: the old are better rested by lying late, even if not asleep, while the young require all the sleep they can get. In all latitudes, in warm weather, the morning air, although feeling cool and fresh, is laden with the pestiferous miasma. In winter the atmosphere, before breakfast, is so cold and chilly and searching, that it fairly shrivels up man and beast, chilling to the very marrow-bone sometimes; hence the average duration of human life would be increased, and the amount of sickness largely diminished, by late, rather than early rising, as all the older nations full well know and practise.

62. In going out into a colder air, keep the *mouth* resolutely closed, and walk briskly for a

few moments thus preventing chilliness, which is always the precursor of a cold.

63. As between husband and wife, that is the nobler spirit which, in difference of opinion, most readily and immediately yields the privilege of the last word to the other party.

64. All "bitters" offered for sale contain alcohol. Many take them in the place of brandy, whisky, rum, and other forms of spirits, persuading themselves that they are reforming as to their beverages. Some bitters have more alcohol in them than whisky or brandy. The State Assayer of New York recently published a statement of the analysis of various bitters; that Vinegar Bitters contains as much alcohol as many kinds of wine and about double the amount contained in various brands of ale. Taking bitters of the mildest kind is the first step towards habitual drunkenness.

65. More women than men recover at insane asylums, first, because they have rest; second, indoor life is not so wearing to them, being more accustomed to it.

66. In a closed sleeping apartment the atmosphere becomes more contaminated every minute, because carbonic acid gas, a deadly poison, is generated in the lungs and is expired at each breath, and combining with the moisture it is heavier than the common air and settles near the floor; hence, the last thing a man should sell is his bedstead; but in reality it is considered by the ignorant and unfortunate poor as the most dispensable thing in the house, hence sickness is soon added to their poverty, a most unhappy combination.

67. Nine-tenths of the inmates of insane asylums

who recover, are those who were sent within a year after the first manifestation of their infirmity.

68. Divorce, neglect of marriage, and the prevention of offspring, are crimes against society, against humanity, and against the great Creator of us all, and the only efficient method of preventing these increasing and mischievous practices, is in becoming more imbued with the principles inculcated in the Scriptures of the Old and New Testaments, to be begun even before the child has learned his A B C, by reading to him the historical portions of the Bible in short lessons and in short explanations, all the while aiming to impress upon the mind and the heart the habit of receiving with implicit confidence, faith, and affection, every statement of the Holy Book, as an assertion of the Creator Himself, without the most remote thought of calling in question the truth of one single fact or word. Then will none want to go any further than to read His Command, "multiply and replenish;" that there is no other sufficient cause for divorce than adultery; and that whoever seeks to baffle the Omnipotent, to circumvent Him in the operation of such physiological laws as He has created, will be found, in the end, to be ruining both body and soul for time and for eternity.

69. The best anodyne in all nature is moderate, steady, and continuous exercise in the open air.

70. There are not a few maladies of mind and body which would rapidly disappear on embarking in a successful pecuniary enterprise, or on being promoted to a position of ease, distinction, and power.

71. Loyola, whose fame became world-wide, and

who wielded an influence and a power scarcely inferior to any prince or potentate of his time, required that all his emissaries should be men who were in the prime of life, of good presence, agreeable manners, and last but not least, vigorous health, as essential to the highest success and to grand achievements.

72. Lean people outlive the fat.

73. It is a mistake in public speakers to begin in a loud tone, because it cannot be sustained, a spiteful cough will interpose; by beginning in a low tone and gradually warming up, the physical fatigue is largely diminished, while the voice grows clearer, louder, and stronger.

74. Beast and bird and insect and man have their antipathies: equal parts of tincture of hartshorn and nux vomica applied to harness with a brush repels flies, or to cracks and crevices in the house, it drives away many of the bugs, insects, and vermin which infest our dwellings; facts like these seem to show an intention on the part of the Beneficent One to invite and to compel men for their own pleasure and in self-defence to investigate, to invent, and devise, and thus bring about those industries of mind and body which are sure to promote the health of both; doubtless there are multitudes of undiscovered remedies for human ills, pests, and annoyances which will be unfolded in the future, to add to the convenience, comfort, and well-being of the race.

75. There is not an insect, animal, or worm without its use, hence nothing that has life should be unnecessarily destroyed, for to be humane is to be allied to the divine.

76. He is not the happiest or the most successful man who has accumulated the most money, but he who has done the most good with it for others.

77. Men are often met with, plain in person, plain in feature, plain in dress, without anything whatever about them calculated to impress the mind, and you are surprised with the information that they are rich, and made every dollar of their money. On inquiry it will be found that all their efforts were concentrated on one pursuit, about which they knew everything, and outside of which they knew nothing: and you feel almost angry that a man of such little information should have been so successful in making so much money, while you, with your superior cultivation and greater intelligence have made, and saved up none; but you forget that the man has paid more for his money than it is worth, it has cost him all the pleasure of human intelligence; as proof, would you take his sordid mind and his gold and give him therefore all you have ever learned?

78. Ideas are contagious as well as diseases, and spread with amazing rapidity sometimes: ten years ago not more than fifty thousand people insured their lives, now there are hundreds of thousands.

79. The amount of strength expendedby a man in lifting a pound one foot high, is called a foot-pound, and is the unit of work in the United States and Great Britain. A foot-ton is raising 2,000 pounds a foot high. A man weighing 150 pounds, in walking twenty miles in one day, uses about 350 foot-tons of power or strength, and this is considered a good day's work for a labourer; the average of work done is $33\frac{1}{3}$ foot-tons a day. A very strong

man, in a copper rolling mill, one day lifted a weight of 90 pounds, eighteen inches high, 12,000 times, which was equal to about 700 foot-tons; but few men could do this, even for several days in succession. In the future, foot-pounds and foot-tons will be the expression of power used in any work, and will be convenient of remembrance.

80. Persons are not very sick who want to be read to.

81. In a visit to the sick do not stare at them, do not whisper, do not impose upon them the necessity of keeping up the conversation, but the instant it ceases take your leave. The very effort on their part to think of something to say is an expenditure of strength they cannot afford. Do not read to the sick when you can tell it to them, and whether reading or talking let every word and syllable be slow, measured, and distinct, so that the patient may listen, and comprehend, with the least expenditure possible; for his strength is his life.

82. Holding the hand of the very sick and the dying is a comfort unspeakable to them, and if you are holding it and the spirit is passing away, do not release the grasp until the poor heart is at rest, for it gives the feeling of company, of sympathy, of help.

83. All know that tobacco and ardent spirits act on the brain and nervous system, and that delirium tremens, sleeplessness, tremulous hands, and nervous headaches, are the result of their habitual use, and notably apoplexy, because these stimulants not only send more blood to the brain, but with greater force, so that the delicate veins

must hold more blood and must bear an additional strain, but while this is the case they are becoming weaker every day, because the middle coat of these vessels is changed into a fatty substance from having been made of strong elastic fibres, from the effect of the increased action and fulness just named; they lose their elasticity and strength as certainly as the bow which is kept on a strain all the time; they lose their power of spring and resistance and then give way, that is apoplexy; that is the reason why so many who habitually use stimulants drop down dead without a moment's warning, charitably called disease of the heart.

84. The first step toward an unsuccessful life is to accept a salaried office, for you sell your independence to the appointing power, and cease to be a man.

85. The measure of a man's success in life is in securing the greatest good to the greatest number.

86. A single grape-vine will yield a thousand pounds of luscious fruit in a season; if a single vine were planted in the rear of every family dwelling, the amount of comfort and health to every household from this source would richly repay the trouble of cultivation in a very few years.

87. There is probably no greater difference between any other two substances, in several of their qualities, than between the oil of peppermint and the thorn-apple, Jamestown or stink weed, and yet, in one respect, they unite in the good *quality of* giving instantaneous relief to super-

ficial burns and scalds; the former by applying it over the surface, the latter as an ointment, made by moistening the freshly dried leaves with water and stewing them with lard over a slow fire, and so useful in all cuts and sores and burns and ulcers, that every family should have some of it continually on hand.

88. The rich remain rich because they continue to practise the economy which laid the foundation of their fortune.

89. The poor die in their poverty because they are improvident, wasteful, and careless.

90. If you can't get good wages, work for your board, rather than do nothing and go in debt, or live on the earnings or charity of another.

91. He who does his work promptly, courteously, and well, will in the long run have as much as he can do.

92. He who has nothing to do is the very one who never has time to do anything.

93. A very large proportion of all the crying and pain and suffering of infants would be infallibly prevented if fed at not less than two hours' interval for the first two weeks, three hours up to three months, for four hours up to one year, and five hours thereafter, with nothing whatever between meals but drink, from daylight to bed-time; feed thrice during the night the first month, twice the second, once thereafter until weaning, and then discontinue night-feeding altogether, that is from bed-time till sunrise. Any intelligent mother who practises this method judiciously for one month will be grateful for the remainder of her life for the information of this single paragraph.

94. Do what you can to lift up the fallen, and they will revere your memory till their dying day.

95. A single grape-vine now forty years old, near Santa Barbara, California, yields ten thousand pounds of grapes every year, the bunches weighing over two pounds each. For dyspeptics and the constipated, as well as a large class of other invalids, about a pound of grapes eaten nearly an hour before each meal has an admirably healthful effect, especially in conjunction with exposure to the out-door sunshine for the hour including their eating.

96. The medical profession owe it to their own independence and the safety of their patients in writing their prescriptions, to write every word and every syllable in full, to express every figure by spelling it in full, and to give some idea as to what effect the remedy is expected to have, for if the patient does not know the effect, he might die while waiting for it; this has been the author's method for thirty years.

97. Very many persons die after being cured of the disease from which they were suffering, for the mere want of strength to rise; hence in all cases of sickness the least possible draught should be made on the patient's strength; in an asthmatic spasm, for example, the patient feels as if he would die in the effort to utter a single monosyllable; it is tiresome even to keep the eyes open, hence many will lay with theirs closed for hours; the attention to a question is a weariness.

98. He who does his work the best has the elements of greatness even if he be but a shoeblack.

99. The wisest charity is to help a man to help himself. To put a man in the way of supporting himself gives him a new lease of life, makes him feel young again, for it is very many times all the sick man needs to restore him to perfect health.

100. A friendly recognition by word or smile is a heart comfort to the sad and weary labourer for daily bread; then let those smiles and words be lavishly bestowed and you will not go unrewarded.

101. All honest labour is manly, and merits the respect of the good.

102. The man who has a single idea and pursues it with a passion will nearly always meet with triumphant success.

103. In the earlier centuries of the Christian era the average duration of life among the upper classes of Romans was thirty years, it is now fifty in the same classes in civilized lands.

104. As many persons reach threescore and ten now as lived forty-three years three centuries ago. There is reason to believe that the average age of man before the flood was the same as to-day. The wars of the first Napoleon made it necessary to reduce the height of soldiers to five feet three inches. To-day it would not be difficult to raise an army of five feet and a half, showing that the tendency to stature is always the same, and why not to age also.

105. The height of a man is equal to the measure of his extended arms, from tip to tip of finger.

106. In all civilized countries, there is a constant tendency to crowd into the town from the country, because any *two hands* can earn more money in

summer time; but wages fall off in winter, the surplus of money is soon expended, and want and idleness combined, lead to doubtful ways at first, and then every step thereafter is downwards, and the end utter ruin. Far better is it that the country should keep away from the town.

107. The best way to insure politeness abroad is to practise it habitually at home, then it becomes instinctive and requires no effort.

108. "I shall sleep long and well here," said a noted bandit of California, as he felt the lining of his coffin, the moment before his execution; "but," continued he, "standing at the portals of the unknown world, and looking back on the life of this, as I have seen it, I urge upon you to make it your greatest care to so train, influence, and instruct the young, to whom you have given life, that they may keep aloof from the degrading companionship of the immoral and the vicious." Wise advice this, from one of the most murderous outlaws who ever disgraced his kind, and had made himself a terror for many years, wherever his name was known.

109. A little miss in Western Pennsylvania, just entering her "teens," ate twelve saucerfuls of ice-cream and died in two hours; this shows that a person may have too much of a good thing, and that it would be rather better not to eat twelve saucerfuls of ice-cream at a single sitting.

110. Early in the last century, ten thousand governmental annuitants died under the age of twenty-eight years. A hundred years later only six thousand died under that age: life lengthens.

111. One of the most fearful of diseases is caused

by eating frozen food habitually, while a single meal has sometimes proved fatal in a few hours.

112. There should be something warm taken at each regular meal by invalids and by the most vigorous in cold weather.

113. Anatomists tell us that in examining the chests of persons dying after forty-five, there are ocular proofs, in a great majority of cases, that the lungs had at one time begun to decay, but had spontaneously healed. Multitudes have had many very bad colds in the course of a lifetime, and yet have not died of consumption.

114. A man took refuge during a shower under a solitary tree in an open field; the lightning came down through his body and his boot, killing him and spoiling the boot entirely; hence people who do not want their boots bursted during summer showers, thus compelling them to get their feet wet in going home, would do well to avoid standing under a solitary tree in an old field in a thunder-storm.

115. Violent and fitful exercise does not promote health.

116. That man lives the longest who wisely divides the occupations of life between brain and muscle.

117. More money has been given in the last fifty years by private individuals for the amelioration of the condition of human kind and for elevating the race by the founding of hospitals, asylums, reformatories, homes, and literary institutions, than in any half dozen preceding centuries in the world's history.

118. One individual, Peter Cooper, seems to have

inaugurated a new era in human benevolences, in expending, during his life-time, a million of dollars in founding an institution in New York City for human development by free libraries, free reading-rooms, free schools, free lectures, and teaching in the arts and sciences; heretofore, men thought that they were performing their whole duty if they gave away their money for the public good when they could no longer keep it; now there have followed his noble example a long list of noted names, as Peabody, Lenox, Vanderbilt, Drew, Lick, Cornell, and a multitude of others less widely known, their free and unsolicited contributions amounting in all to many millions of dollars; who then shall say that the age is not advancing steadily towards a higher and a higher plane.

119. We should go to sleep on the right side, then the food descends through the outlet of the stomach by gravity; otherwise, stomach power is wasted in drawing it up as from the bottom of a well; after the first sleep, let the body take care of its own position.

120. Moist and warm air is better for the lungs than that which is hot and dry, or raw and damp. No injury results from going out into the colder night air from a warm room if we move about with sufficient activity to keep off a feeling of chilliness, the more easily done if a third more clothing is put on.

121. In mature life we eat to repair waste and to keep warm; the waste is in proportion to the exercise taken, and the warmth required is according to the temperature of the weather; they are wise who regulate their eating accordingly.

122. The necessities of the time demand that

Christian families should make wise and persistent efforts to render home more attractive to their children, both sons and daughters; and that churches in cities should inaugurate means to bring the members, old and young, sick and poor, closer together, to get them better acquainted with each other, in the way of entertainments, lectures, scientific exhibitions, diverting amusements and parties for the encouragement and promotion of a taste for art, for painting, for sculpture, and more than all, for vocal and instrumental music, which more than anything else belongs to the divine, because its inevitable effect on all natures is to elevate, to purify, to ennoble.

123. Human life and human character have not deteriorated, but have notably improved in all their more valuable forms and conditions, especially in the last hundred years.

124. Many persons come to their death in Rome, Florence, and other places, by visiting picture-galleries in which fires have never been kindled, and the sepulchral dampness soon strikes a chill to the heart unless extra covering is thrown over the shoulders on entering.

125. At all times, seasons, and places, it is better to cultivate the habit of keeping the mouth shut and breathing through the nose exclusively; this tempers the air in its passage through the head to the lungs, develops the chest, and keeps bugs, flies, and worms from crawling down the throat into the stomach during sleep.

126. Very often half the pleasure of reading a letter from a friend is lost in the difficulty of deciphering it.

127. Out-door air is purer than in-door in all climes, countries, and seasons, unless in low, level, damp localities.

128. Many persons are injured by going out into the night air, not because it is especially unhealthy, but because, being cooler, we become chilled in consequence of not having on additional clothing, or from not moving about actively enough to keep comfortably warm.

129. A great deal has been said about the effeminacy of the rich; about their daughters being brought up in idleness, and their total unfitness for domestic life on account of their frail constitutions; and yet, as showing the advantages in the direction of prolonging life, of having all the comforts and conveniences of the wealthier classes, the strong fact presents itself, that while the wealthier classes in Berlin, for example, average fifty years, the poor pass away at the age of thirty-two, because of the daily struggle for bread, and their discomforts for want of suitable clothing, and fuel, and food.

130. Cultivate an even temper; many a man has dropped dead in a fit of passion.

131. We talk about the health-giving influences of the wash-tub, and the sanitary value of wives and daughters having to cook and brew, and bake and sew, and scrub every day, as the sure means of having healthy, vigorous children; but carefully ascertained results show that of one thousand infants of the rich and as many of the indigent, fifty-seven of the former died before five years; of the latter three hundred and forty-five.

132. A gentleman after active exercise laid down on an ice-chest, fell asleep, waked up in a chill, and

after two years of suffering died of consumption, showing that it is not healthful to sleep on ice-chests.

133. There is only one safe way of retiring from an active money-making business; that is, by embarking just as vigorously in some form of doing good, so as to keep the mind quite as busy as before, for if one "puts down the brakes" upon the brain, he buries the body prematurely.

134. A classmate worked hard and well in professional life for a quarter of a century in one place. He then thought he was entitled to rest and gave up his position. Two years later he wrote, "Both body and mind are worn out and life is a burden." He was counselled to go to work again, and five years later a letter comes saying, "My avoirdupois is greater than ever before, and I feel competent for any work that may be put upon me."

135. "The least thing in the world gives me a cold," is the complaint of multitudes; it is always a sign of feeble health and a feeble circulation; the most speedy and efficient remedy is to spend more time in the open air, and by active exercise or steady labour bring about a more vigorous circulation of the blood.

136. Brown bread should not be eaten habitually, if a person is healthy, because no one can be better than well; but if its use is deferred until there is a confined condition of the system, it will be found an admirable remedy; but if the system had become accustomed to its use in health there would be nothing to fall back upon in disease, and then medicine would have to be resorted to, instead of food—an unnatural, instead of a natural remedy.

137. Never go down into a well without first ascertaining whether a candle or taper will burn in it; if it will not, throw in cold water, this absorbs the poisonous gases; so if a person faints in a well, pour down the cold water; never mind wetting his clothes.

138. Acidity always arises either from having eaten too much food, or of a quality which the stomach could not dissolve; the remedy is, eat less and less at each meal until there is no acidity, then you know for yourself how much your stomach can manage; to eat the same amount and as regularly take something to correct the acidity, is certain to cause dyspepsia or some other more serious form of disease.

139. Wiry little men who habitually walk with a quick step usually live to a good old age, and do not look as old as they really are by a dozen years or more.

140. Not any wiser than the fabled bird which hides its head in the sand in case of danger, as if to shut out the sight of it was to be safe, are the many who walk the streets with an impression that a soiled coat-collar, a frayed wristband, or an unblacked boot-heel, or ragged-edged pantaloons, are not noticed, altogether forgetting that those walking behind have the opportunity of a deliberate survey, without being observed, and form an opinion of your character accordingly. We may cry out against dress until we are hoarse with our croaking, but it is the measure of the man for all that.

141. Not the Cæsars of the ages, any more than their Attilas, not the Bonapartes, nor the Swedish Charles, nor the German Frederics, are the world's

worthies,—their paths to glory and renown were laid through seas of blood and rapine, fire and sword,—but rather they who seek to alleviate the woes of man and beast; the Peabodys, the Girards, the Coopers, the Berghs, the Cornells, the Drews, of a modern civilisation; men whose lives were begun in making and saving money, to end in disposing of it in helping the poor by affording them the facilities for learning how to help themselves and how to rise to a higher plane of life, above destitution and thriftlessness, and waste, and disease, and crime.

142. Cool off in a place greatly warmer than the one in which you have been exercising; this simple rule, if intelligently observed, would prevent an incalculable amount of sickness, and save many a life every year.

143. Never allow yourself to be "chilled through and through," as it uniformly causes inflammation of the lungs, called pneumonia, usually proving fatal within a week.

144. As to the recognition of friends in the land of the blessed, we know that memory never dies, and that it goes back to the world we have left, as did that of the rich man and Abraham, for it is not reasonable to suppose that we shall know less hereafter than here.

145. Edmund Burke relates that he had to go to a certain place every day for a long time, and that it was disagreeable to do so; yet, when he had to give it up he felt the loss of it, and did not feel quieted until he was in his usual track; on the same principle, when a person does anything habitually for the health, for a long time, an omission causes an uncomfortable feeling; but that does not prove that

the habit or practice was beneficial, whether it be a cold-water bath or a drink of grog every morning; on the same principle, if one cultivate habits of regularity, temperance, cleanliness, and exercise he will soon come to the point that they can be kept up without an effort; it will be actually easier to continue than to neglect them.

146. A practical knowledge of the laws of our being leads to large results in the direction of human enjoyment, happiness, and health.

147. Begin early to live under the benign influences of the Christian religion, for "it has the promise of the life that now is, and of that which is to come."

148. To know how to keep a tidy house and well-aired apartments; to know how to select the best kinds of food; to know how to prepare them in the best manner,—these are first things, and every daughter should learn them before marriage.

149. The "well-to-do" average nearly a score of years longer than the poor, because they can command the conveniences and comforts of life, tidiness of surroundings, and the best ways of doing things; while they thus economize time, labour and care, they have regular habits of eating, their full share of sleep, the best food, cooked in the best manner, abundant rest; exemption from exposure to extremes of heat and cold, and inclement weather; warm in winter, and in summer live in roomy and well ventilated apartments—their intelligence teaching them how to arrange that these things shall be brought about.

150. No one should go to sleep at night without having an extra blanket within easy reach to be

used in case of a sudden change of weather: or, if waking up and finding the room on fire, it is thrown over the head, the flames can be passed through safely.

151. The suspicions we entertain about the actions of others are but too often founded on the knowledge of what we have done or would do ourselves.

152. Cross people, the ill-natured, those who are always growling or complaining of something or of somebody; inveterate fault-finders, upon whose faces a genial smile never plays; whose hearts are strangers to the humanizing influences of warming sympathies; who have no forbearance, make no allowances, and have neither love nor consideration; not such, indeed, naturally, but have been moulded into these wretched "forms," by the slow influences of insidious disease, brought on by self-indulgence and unrestraint in eating and drinking; not deliberately always, but generally, perhaps, unconsciously, or in ignorance, which it is the design of this book to remove. How much they are to be pitied!

153. Dyspepsia can be uniformly cured and always avoided by the following rules:—

1. Eat thrice a day.
2. Not an atom between meals.
3. Nothing after a noon-day dinner, but some cold bread and butter and one cup of hot drink.
4. Spend at least half an hour at each meal.
5. Cut up all the food into pea-sized pieces.
6. Never eat so much as to cause the slightest uncomfortable sensation afterwards.
7. Never work or study hard within half an hour of eating.

354. As different soils require different fertilizers, so different persons require different kinds of food, because the system needs the element peculiar to that food; hence the different tastes and "likings" of people. If every one wanted the same article, the world could not supply enough of it.

355. For the maintenance of vigorous health, out-door exercise is worth more than all medicine. Not the less necessary because it rains. Hence, if it rains, take an umbrella and let it rain on. If it is cold, walk or work the harder. If it is windy, turn round and walk the other way. If it rains, hails, snows, and blows all at once, then remain indoors, and for that day at least live on bread and fruits, then you will not need the exercise.

356. To impute sinister motives is the most ungenerous of all human traits; and it is said, "Thou shalt not judge."

357. Some persons, in the pursuit of health, almost scrub the skin off every morning, trot twenty miles a day, engage for hours in imaginary fisticuffs, climb greased poles at the gymnasium, turn double somersaults, ape impossible monkey capers, parboil themselves in Turkish steam-baths, and lift every day the weight of two elephants,—and all this to be able to eat and digest a more enormous dinner. It would be greatly better to take a moderate, plain meal, and save the time expended in all that tomfoolery.

358. Neither the age nor the race is deteriorating either in physical stature, bodily endurance, or mental power. Palmerston and Vanderbilt, Rothschild and Drew, Thurlow Weed and William *B. Astor,* are not as old at eighty as King David

is over forty years in the more civilized nations, taking the world together it is about thirty-three and one third years; this is called a generation, an age, three in a century.

160. A confined condition of the system attends almost every human sickness: in the remainder there is looseness; the dejections are thin, watery, weakening. A diet of sweet milk will confine; sweet cider will loosen. But all constitutions are not alike, and different articles of food affect different persons variously. Hence every man should find out by accurate and close observation what confines him and what loosens; then, by adapting his food and drink to the symptoms, he will be sure to cure himself of any ordinary disease, and thus avoid taking medicine altogether.

161. The notable and noble Queen of England has raised to maturity nearly a dozen children under the guidance and instructions of eminent medical men; and that such a result should be the exception instead of the uniform rule is owing to the culpable ignorance and inexcusable inattention of parents.

162. Work by the day and not by the job, if you want to be healthy.

163. Men of force and industry everywhere will tell you that it is the hardest thing in the world to do nothing.

164. Society would be greatly blessed if all were to sedulously cultivate the habit of making no statement which was not literally true, with a "liberal margin."

165. It is very common, especially in the country, to have certain things on hand "in case of sickness,"

such as cider, cordials, bitters, brandies, "Bourbon," and the like. In three cases out of four, recoveries will take place if nothing whatever is done except to lie down and stay there until well. If any of the things just named are taken, they neither hinder recovery nor promote it; nature restores in the same way as if nothing had been done; but the article taken gets the credit of the cure; and the reasoning is, if it cured one man it will cure another; hence, it is gratuitously advised to every person having that ailment; and then again, if it removes one symptom it may remove another; thus the field of its applicability in constantly enlarging, and before even careful, and thoughtful, and sensible persons are aware of it, they find themselves and their families resorting to the bitters, or brandy, or whisky bottle, for every trifling thing, even a little tiredness, or debility, or indigestion. Thus drunkards are sometimes made of half a dozen members of a single family by having cordials on hand to take "in case of sickness."

166. Beverages are tempters to the first steps towards drunkenness.

167. He who takes one drop of liquor may die in the gutter; he who has the high moral courage to refuse that first drop never can.

168. "I have come to know whether you think I am deranged or not," said a young lady before taking a seat one day in my office, with a directness, frankness, and unembarrassment most surprising. She was young, prepossessing, educated. She had evidently been accustomed to move in cultivated and refined society. She was rational, and even brilliant on all but one single subject; on that she

was plainly daft. This was before "Flora McFlimsy of Madison Square" became immortalized, and had a "claimant" for its author in the person of a school-girl, who was other than William Allan Butler. Since then, "Rock Me to Sleep, Mother," and "Beautiful Snow," and other pieces of poetry, have had various claimants for authorship. Whenever this young lady heard an impressive lecture or sermon, she would go home and insist upon it in the most positive and impressive manner that her own notes or writings had been plagiarized.

169. The true idea of rest is recreation; literally, making over again; this is accomplished, not by allowing the machinery of body and brain to come to a standstill, for inactivity is rust and ruin to all mechanical contrivances, and to all physiological structures, death.

170. The best recreation for a student is to ride on horseback; to cultivate fruits and flowers, or walk an hour or two and then return to his studies.

171. The merchant can get "rest" by closing his ledgers, shutting up his counting-room, or rather shutting it out, and employing his mind in liberal studies, or engaging in active, personal, and elevating charities; while the overtaxed and worried wife may find a healthful and elevating diversion, by making a visit to some prudent friend, some cheery neighbour, or some suffering sister.

172. Neither body nor brain are safely, truly, and happily rested by doing nothing.

173. Many persons may remember various occasions when upon something occuring to the mind there was a very filmy impression that it had previously crossed the brain, and there is in all such

cases an instinctive effort to recall the circumstances. Sometimes in our dreams there is a feeling of their previous occurrence, the difference in the cases being only in the depth of the conviction.

174. No means have ever yet been devised for regulating the heat of an apartment, to prevent its being unhealthfully cold or warm. By means of the perspiration, the body is kept at the temperature of ninety-eight, in all seasons and in all latitudes.

175. Those who know most, seldom make positive statements on any subject.

176. It is an incontrovertible physiological fact that any artificial stimulus, continued for a few days, makes the system feel the want of it, lean instinctively upon it, and look for it; but this is not all; the same height of stimulation is required every day, demanding a larger amount of the stimulant, or it must be increased in frequency, until the demand becomes so urgent, so resistless, so intolerable, that the worst of crimes have been perpetrated to procure the means for a single indulgence.

177. Multitudes of earth's toiling millions have died while striving to make money enough to "retire from business," and in a beautiful cottage on their own little farm to spend the remnant of their days in rest, having nothing to do but to enjoy themselves. Those who succeed and retire, soon find that they cannot rest; the mind frets and chafes under its unaccustomed inactivity, and the man is either worried into the grave, becomes a permanent invalid, or is compelled to go into business again. The true object of rest is recu-

peration, and that is best brought about as to the body by exercising a different set of muscles, and as to the brain by calling into requisition a different set of organs or powers, causing the mind to act upon new objects.

178. Never use an expletive more comprehensive than "often," or "very;" and let "awful," "never," and "tremendous," be expunged from your vocabulary.

179. The reason that there are so many worthless remedies in the world is, that they have been taken about the time the disease was at its crisis, was just on the turn of disappearing, and then the one employed is heralded as a wonderful cure, as having accomplished what multitudes of others had failed to do.

180. A child had convulsions from taking the breast of the mother immediately after she had been thrown into a violent rage. A dog bit a woman and no harm came of it; the husband being angry, drew the brute from under the sofa, held it up by the tail and began to whip it; while doing so, the dog managed to snap a piece of the flesh out of the husband's arm and he died in a few days in East Newark, New Jersey, in all the horrors of hydrophobia. These cases seem to show that intense mental excitement of an irritating character poisons the secretions of the body, leading us to conclude that genial, gentle, and noble frames of mind on the part of the mother while nursing her children, impart those characteristics to the little ones at her breast. But what shall we say of the mother who unnecessarily allows her infant to draw its supplies from a stranger's

bosom, only caring to know that the bodily health is unexceptionable, while insanity, or any one of a dozen inheritable maladies, may be rankling in the veins.

181. The weakest-minded and the least informed, are habitually the most positive.

182. The quicker the pulse beats over the healthy standard of seventy times in a minute, with a daily morning cough, the more certain it is that consumption is at work.

183. No medicine ever cured or can cure dyspepsia: the infallible remedy is to eat plain, nourishing food, regularly, and live out of doors, industriously.

184. To be able to sit down to a well-spread table with a good appetite, and to eat to one's satisfaction three times a day, without any discomfort whatever, is a blessing and a happiness; and yet, there are multitudes in apparent good health, who for years have not known what it is to take a single meal, without its being followed within an hour or two with torments enough to make a man mad: torments which subvert the whole character, sour the disposition, embitter the temper, and turn the sweetest affections into wormwood and gall. This is dyspepsia.

185. He whipped his little three-year-old boy with a shingle for two hours, in trying to make him say his prayers; observing him to be weak, he called his wife, who, looking at the child, said, "He is dying;" and so he was. This was recorded of a man of superior education and of talents which commanded respect and success in professional life. What horrors of remorse, unquenchable this side

the grave, will follow that erring father, like infuriated fiends, to the last hour of life, no pen can portray, no imagination paint.

186. If you must strike your child, let it be after mature deliberation and prayer.

187. Many a household once happy, has become a very pandemonium, the husband a tyrant, the wife a virago, an unendurable shrew, from the influence which a dyspeptic stomach has on the mind, the temper, and the heart.

188. The almost universal cause of dyspepsia is eating too fast, too often, and too much.

189. A distinctive odour escapes every one; it is thus the dog can follow his master through any crowd; if it is so decided as to be disagreeable, it can be modified or remedied in the feet, by washing them well, night and morning, then mix a teaspoonful of spirit of hartshorn in a teacup of water, and rub into the soles, especially a teaspoonful or two; if under the arms, apply the same; or, in some cases, better take one part of the red oxide of lead, bruise it in a porcelain mortar, adding by degrees twenty-nine parts of the liquor of the subacetate of lead; apply a few drops weekly, in summer oftener.

190. When near death, the pulse runs up to one hundred and forty beats in a minute, and faster and faster until the end, when it ceases for ever. The soft pulse, as if a woollen string were vibrating under the finger, is safe; but a pulse which beats with the tenseness of a thin wire, is full of danger.

191. Those who have survived an attack of smallpox, are notably exempt from ordinary maladies, and usually live to a good old age.

192. All should be vaccinated at the age of one month and at fourteen years ; the operation should be repeated every month, at least for several times, until it "takes;" and ever thereafter there will be but little danger of small-pox.

193. It matters not what ailment a man has, almost every one he meets has a remedy for it, and which "can do no harm if it does no good." But while you are waiting for its good results, the time for saving life may pass away. Besides, it generally happens, that it does no good, and you find by bitter experience that however beneficial it may have been in curing others, somehow, as to yourself, it is utterly valueless. Many diseases are self-limited ; they reach a certain point of aggravation, and then disappear spontaneously, having run their natural course, like measles or small-pox.

194. An encouraging word, or a cheerful look, often does the patient more good than pill, powder, or potion.

195. Those who write under depression of spirits will write nonsense, or very illogically.

196. Every one ought to know how many times the pulse beats in a minute in repose, in health, for sometimes persons have a preternaturally fast or slow pulse, and in case of illness, the physician may make a fatal mistake, unless he knows this. An infant's pulse is one hundred and thirty a minute ; at seven, eighty ; up to threescore years it is about seventy beats in a minute ; a woman's five or six more ; at fourscore, it declines to sixty.

197. A person in actual consumption has a pulse uniformly among the nineties, until he nears the *grave,* unless he has an occasional bleeding from

the lungs ; then, his pulse may remain about natural until he is far gone.

198. Hydrophobia is sometimes a purely nervous disease ; that is, it may be generated by the imagination ; as proof, there are records of many who have died of hydrophobia, having a shuddering at the sight of water, and foaming at the mouth, when, in reality, mad dogs do neither.

199. A dog supposed to be mad and who has bitten a person, should never be killed ; because then, that person may remain for life uncertain, yet fearing,—a horrible incubus. But put the dog in a dark room, introduce food and water daily ; let him alone otherwise ; if he becomes composed and take his food, he will get well in a day or two ; then it is certain he was not mad ; if he dies in convulsions, then we know that he was mad ; speaking scientifically, hydrophobia, rabies, and being "mad," are not strictly convertible terms.

200. Every man should be regular in his habits of eating ; should have all the sound sleep which nature will take ; should be in the open air an hour or two every day when practicable, and should have a pleasurable and an encouragingly remunerative occupation which keeps him a little pushed all the time ; such are the happiest and healthiest, in whatever class or "set" in society they may be ranked.

201. All coughs are excited by a tickling sensation about the little hollow at the top of the breast-bone, the cause being in the throat itself, in the lungs, or in the stomach ; but wherever the seat may be, it is always a bad practice to take anything to repress the cough, for this is nature's method of

removing from the system that which ought to be out of it, and which if not removed will always and inevitably work bodily harm; hence it would be wiser to do something to increase the cough and thus aid nature.

202. Night is the time for rest of body and brain, especially for students, who require all the sleep they can get, or that their system will take; nor should any person be waked up in the morning, nature will infallibly do that as soon as she has had her fill; and to shorten sleep is to shorten life; one quarter of the time of daylight in the temperate latitudes, is as long as any man can profitably spend in hard study.

203. A clerical editor and personal friend once published that a good cup of strong tea was an admirable aid in preaching a sermon. Later on we were called to see him. He had lost his mind.

204. Never state as a truth, especially in argument, that which rests on your own assertion merely.

205. Neither poverty, hardships, nor exposure tend to lengthen life, but shorten it by many years.

206. The value of life is less among the poor than among the rich.

207. Boxing the ears is an inexcusable brutality; many a child has been made deaf for life by it, because the "drum of the ear" is a membrane as thin as paper, and stretches across the internal entrance, just like a curtain, and there being nothing but air behind it, any violent concussion may rend it in twain, and the hearing is lost for ever, because the sense of hearing is caused by the vibrations of *this mem*brane, called the "tympanum."

208. To put yourself on your best behaviour and to be faultlessly dressed at the breakfast table, is to begin any day well.

209. A debt is due to our neighbours, which it is a crime not to pay—to have the outside of our homes tidy and well ordered up to our farthest line; and it is a debt not less binding to ourselves and those nearest and dearest to us, to have the inside most scrupulously clean and in good repair from cellar to garret.

210. The average man weighs one hundred and fifty-four pounds, eighty-four of which are water; the remainder turns to dust and ashes.

211. No man was made to be a loafer. All beasts and birds and creeping things look diligently for a living. The sun and stars and every planet in space move for ever and for ever on, and shall the heir of immortality be the only idler in the universe?

212. The best sleepers are the most efficient workers.

213. All look forward longingly to the time when they shall be able to "retire from business:" the wisest retiring, as well as the noblest, is that which has for its object an entire consecration of time and talent, and head, heart, and hand, to the elevation of the race.

214. It is not he who works the hardest who has the best health; it is the deliberate steady labourer who lives the longest.

215. That is the best time for writing, efficiently, whether at noon or midnight, when the spirit is on you; the mind then takes hold of the subject with a will, and the whole soul is absorbed in it.

216. Many a man's destiny has been made or

marred for time and for eternity, by the influence which reading a single sentence has made on his mind, shaping his character for life; making it terribly true, that moments sometimes fix the colouring of our whole subsequent existence. And it is just as true as to human life, which has many a time found a speedy end by quite as little things, as an over-meal, a too hasty draught of water, a damp foot, or an open window.

217. One of the best ways of living long and healthfully is to gather around you, early in life, all the conveniences and comforts possible, then to stay home of nights and enjoy them.

218. A consumptive who spits blood occasionally, will have less cough and live longer, than one who does not have any hæmorrhage.

219. It ought to be borne in mind, that mad dogs do not bark, that they drink water when they can get it, and never go out of their way to bite anybody; and that the most certain indication of their madness is, that they paw the sides of their mouth and consume their own excrement, which last a healthy dog never does.

220. There is a kind of bed, which costs two or three or more thousand dollars, and is cheap at that price, for it means that if you give that much to a hospital, the interest of it will pay all the expenses of a sufferer, as long as he lives; and then some other sorrowing one will take his place, to be fed and clothed and ministered unto for life; and so on until the end of time; and thus the memory of the good is blessed and their works do follow, and "of such is the kingdom of heaven."

221. When a man has a tickling sensation in the

throat, causing a cough, the most important question is, Does it arise from the condition of the throat itself, from the stomach, or from the lungs? and he should act accordingly, by addressing the remedies to whichever of these points give rise to the tickling.

222. The value of the permanent teeth, which are completed between the seventh and twenty-first year, depends very much on the management of the first set, which should not be extracted, but allowed to be pushed out by their successors.

223. The best time to write with freshness and vigour and logical truthfulness, is in the early morning, after a very light breakfast, when the brain has been recuperated and renovated by the natural stimulus of healthful sleep, and before its force has been expended or divided by the distracting affairs of common life.

224. At the closing hour of life, the mind of the great Washington was disturbed at the possibility that he might be buried alive. His very last words, "It is well," referred to the answer of an attendant, intimating that his views on that subject would be religiously respected. In Munich, where all the dead are required by law to be kept "twice twenty-four hours" in a large lighted room, not a single case of revival had occurred in three hundred years; the changes of position, noticed in opening coffins, are incident to the handling between the house and the grave.

225. After a healthy person has been at rest for several minutes, not within an hour of eating, the natural pulse beats about seventy times in a minute from twenty onwards; five or six more for women,

and every intelligent person should learn from his physician what his natural healthful pulse is, so that in case he should get sick away from home, his medical adviser may have the advantage of this knowledge; for there are a few cases of persons having good health for a time, with a pulse of fifty, and it is rare that an adult can have good health with over seventy-five beats in a minute, whether male or female.

226. If the thermometer is placed in the arm-pit in health, it marks about one hundred degrees Fahrenheit: if it indicates five or six more, death is approaching.

227. Oliver Wendell Holmes once said, "One cannot gather some of the best fruits of life without climbing out to the slender and dangerous branches of the 'Ego,'" meaning thereby that many a truth is made more valuable and becomes more impressive by the narrator being able to say, "I saw it." Hence, it is not always wholly improper to talk about ourselves.

228. It is a wicked blunder to saw a silk thread between the teeth, as it facilitates the lodging of extraneous matters between them and prevents the full spreading of the jaw, which gives so much character to the face.

229. No one ought to make himself a galley-slave to any observance. Man is the most adaptable animal in creation. Occasional deviations from ordinary habits are beneficial, they impart a pliability to the constitution which gives it a greater range of healthful action.

230. Don't go into a fit if dinner is not ready *at the instant.* A routinist, a machine man who

moves along in the same rut all the time, is a nuisance. Our habits should be adapted to the changes of life, to the peculiarities of the constitution, and the varying age of the individual.

231. A shower-bath may cure at forty; when at fourscore it would certainly kill.

232. Nothing should be applied to the eye or ear stronger than lukewarm water, without being advised by a physician, for if once destroyed they can never be repaired.

233. The first tooth appears about the sixth month; in three years all the first set are cut; the second, between seven and twenty-one.

234. Picking the ears with a sharper or smaller instrument than the end of the finger is a perilous operation, as an unlucky jog or push might cause a rupture of the membrane, the vibration of which gives rise to the sensation of hearing.

235. To insure good, sound, strong, and beautiful teeth, children should make their breakfast mainly on oatmeal porridge or wheaten grits with milk, from the age of three years, and their supper exclusively of the same material; as these are much richer in bone elements and dentine than flour or any other kind of food.

236. The man who eats and drinks by rule will never eat and drink long. The amount of aliment taken each day is better regulated by instinct, because it is greatly modified by heat and cold, as well as by the amount of labour or exercise performed.

237. No writer, however gifted, can compose creditably for a longer time than four or five hours in the twenty-four at a single sitting; a few turns

around the room at intervals of thirty or forty minutes would improve the action of the brain.

238. In no case is habitual night study an economy of time.

239. Much that is mischievous has been written about improving every moment, and the criminality of wasting time. The Almighty "rested" in His work of creation, and so must the creature man.

240. Marriage is the natural condition of man, and without it no man or woman ever feels settled in life.

241. While women should not marry under twenty, men should wait until twenty-five.

242. He is the most skilful and most successful physician in any case of sickness, who soonest discovers what nature wants to do, and most promptly adopts the best means for rendering her the indicated aid.

243. It may be safely said, that in many cases where there is some trouble in the throat, with a slight hacking rather than an actual cough during the day only, it is of dyspeptic origin, in connection with improper eating or a disordered liver, being a stomach or liver cough, and to expect to cure it by applications to the throat itself, when the cause of the ailment is nearly two feet away, is irrational and the treatment must fail.

244. No one should write when very hungry, nor immediately after a meal, nor under the influence of any unnatural stimulant, nor while in a passion, for in the last case he is pretty certain to make a fool of himself.

245. I heard a great man in my college days *urge from the* pulpit the advantage of saving spare

moments, by always having a book at hand to read, while waiting for a vehicle or visitor, or at the table. Such was his custom. He died early and demented.

246. Those who write and study a great deal by night, will impair their health and die prematurely, for night is nature's time for sleep and rest.

247. It is an observed fact, that the children of charitable mission schools in New York are better and more wisely clothed in winter than those of the most aristocratic schools; for the wives of the poor will manage to send their darlings to school with warm woollen mittens and leggings; they study comfort, the others show.

248. A wise system of surface drainage of water will banish fever and ague from any locality.

249. Many costly dwellings in New York city are unfit for human habitations in consequence of the noisome condition of the cellars. The most perfect method of keeping a house free from the bad air of water-closets, bath-rooms, and sinks is to have an iron or lead tube of several inches in diameter, connected with the kitchen chimney, which, being heated the year round, creates a draft, and thus affords a constant escape at the top of the house for all hurtful gases.

250. If every human being in the world was weighed, the average would be one hundred pounds.

251. The best system of surface drainage is open ditches emptying into rapid streams of water; wherever this can be accomplished, all epidemics and intermittent diseases will at once be banished from the country, infallibly.

252. Cannibals say the flesh of the white man is bitter, salty, and does not keep; while that of the negro has a special dainty taste, and when dried, keeps a long time; showing that the difference in colour of the skin requires a difference in the whole constitution of the body, and very likely a different cast of mind and character; the white loves cold and best thrives in it; the negro luxuriates in warmth, abounds more largely in sympathies, and seems by his instincts and ecstasies to be a more decidedly religious animal.

253. If an animal is fed for a long time with aliments which contain very little bone, the constituents of that animal's bones are the same as they were before, although the bones are not as large; which seems to show the wisdom of our mechanism, that it is capable of manufacturing what it wants, whatever may be the material which is given it to feed upon. Thus is it that man can live and flourish in all latitudes and in all climes and countries.

254. You cannot be with some persons five minutes, without their letting you know that they have been abroad; such people are very apt to talk loud enough to be heard by all the company,—that is their object.

255. The quality of the milk and the butter follows the character of the food eaten by the cow, and it must be that the character of the physical constitution of the child is shaped by the milk which it draws from its mother; and as the milk of an enraged mother is known to have thrown her infant into convulsions within an hour, by impairing the action of the brain, the strongest feelings of a

mother's nature are appealed to to eat and live in reference to the well-being of her child, and never run the risk of allowing it to feed at the breast of a hireling who may be insane, or scrofulous, or drunken, or depraved.

256. We ought to live five times as long as it requires to get our growth. We ought to weigh twenty times as much at thirty-five as on the day we were born ; a two-pound infant has lived.

257. At thirty-five men weigh most, their average being about one hundred and fifty pounds, and women one hundred and twenty, with the difference that the weight of women increases until fifty, when their average is a hundred and fifty pounds.

258. A most palatable drink for a weak stomach is a pint of the best milk and a pint of cold water, adding a well-beaten egg, with salt to suit.

259. All prize contests, and all competitions at public examinations at schools, are pernicious in all their connections, are useless in their aims, are immoral in their preparation, and end in physical injury both to body and brain.

260. Some of the severest pangs which have ever swept across the human heart have been from the remembrance of harsh words said, of unkind things done to those who have since passed beyond, and we yearn, and oh, how intensely, to make amends, but they can never come back to witness them.

261. Boisterous and loud laughing people, and the noisy, are always vulgar.

262. Never put a pin in your mouth for an instant ; a sudden laugh has often drawn it into the wind-pipe or throat. Twenty-three years ago a lady swallowed three pins, and for fifteen years suffered

the most excruciating pains, ending with the pins coming out at the joint of the left hip.

263. The man who is always going to do something, never succeeds in life.

264. One cord of dry hickory wood will keep up a certain amount of heat for one hundred days, pitch-pine thirty-five, and a ton of coal ninety-one days.

265. Four pounds of onions contain one pound of gluten, which is the most nutritious element in wheat; hence the onion is an economical food and gives power to work.

266. Life is a series of mistakes, repentances, and improvements. We seldom do the same thing twice in the same way: at twenty-five we repent the mistakes of twenty. As we grow older, we are mistaking and repenting still, and all for the want of more mature deliberation.

267. The most cultivated persons we meet instinctively avoid drawing attention to themselves in any way.

268. We are at a disadvantage in a foreign land, and yet there is a kind of fascination to many in living abroad because the money has been provided before we left home, and we are relieved from the details of business and housekeeping. We are more retired, because those around us do not feel sufficient interest in us to notice us very particularly, and we are treated with more deference, it being taken for granted that we have plenty of money; and then again we escape that dreadful hurry and drive, and that unceasing striving to keep up appearances and to rise, which is the bane of American life.

269. It is very certain that hereditary influences impart the dispositions, tastes, and tendencies of the parent; yet a watchful, judicious, and peristent attention to the education of the child, can cultivate such as are good, and can arrest, overcome, and eradicate those which are evil.

270. Whenever, in walking fast, especially in cold weather, there is a hurting of any kind, even the slightest, in the front of the arms, above the elbows, there is a tendency to heart disease; and all exercise and work should be performed with deliberation, for great haste is not only hurtful but is dangerous.

271. To eat long eat slow; rapid eaters die early.

272. Taking a single week in February, Toledo, Knoxville, St. Louis, and Chicago, are the healthiest cities in the United States for that month, in the order of their naming; while the most unhealthy are Charleston, Nashville, Washington City, and New York. Toledo gives twelve deaths out of a thousand, and Charleston, S. C., forty; at the same time, if the average deaths of a year are taken at these same places, a different result will be noted. From its water-shed advantages, New York ought to be one of the healthiest cities in the Union.

273. Houses built on a clay soil are more healthy than those built on sand, if on an elevation, for the water runs off from the clay, the sand absorbs and retains it underneath.

274. Dyspepsia is nearly always the result of too short an interval between the times of eating; with a five hours' interval the disease would become a rarity in the next generation. If this rule of five

hours between meals and nothing between were to be rigidly observed from the age of five years, dyspepsia would soon become an almost unknown malady.

275. Short and slow is the safest step for all, especially for threescore and upwards.

276. Although the picture of an object on the retina is upside down, the optic nerve converges, passes onward to the brain, and crosses before it gets there, hence the brain takes cognizance of its proper position.

277. A cribbing horse is cured by compelling him to eat from a trough considerably down or below a horizontal line with the body; let him eat from a manger on the floor; but men should eat with an erect position of the chest.

278. A safe plan for the water supply of a family for cooking and drinking purposes, is to have a tight cistern above ground, and convey into it the water falling on the roof of the dwelling or other buildings through a box of sand several yards long. If the cistern is under ground, this sand box should be inclosed with the best cement, so as to insure no water coming into it from contaminating sources; the sand acts as a filter, and should half fill the box, which should be very nearly on a level, else the sand would accumulate at the cistern end and close the outlet, or in both cases the long sand box could be dispensed with, by letting the water at the roof fall into a large covered receptacle partly filled with sand and gravel.

279. About one-fifth of the most nutritious and strengthening portion of the wheat grain attaches *itself to the* bran and is thrown away; all which is

saved, if the article is used in the shape of wheaten grits.

280. The most valuable part of the common potato is immediately under the outside skin, which is peeled off and thrown to the pigs; if baked or boiled and only the very outside skin is peeled off, all the nutriment is saved.

281. It is not well to reprove a servant or child for every wrong doing, it tends to make them reckless or they become discouraged.

282. Plants, like dyspeptics, may be dieted into health under certain conditions: if too much watered, or too much fed, manured, or stimulated, the leaves begin to drop off; the soil, like the stomach, has been soured; there is too much acid; then take out the plant, crush the bed of soil in the hands, allowing the outside crust to fall off, and place it in new soil, moderately dry. A plant may be over-fed as a man may be; thus it is that new analogies are discovered from time to time between the nature and habits of plants and animals and man.

283. A baked potato is a delicacy; it is digested in two hours, otherwise an hour longer.

284. There is twice as much nutriment in a pound of smoked or dried bacon as in a pound of fresh lean beef. Beef loses fifteen per cent. in the roasting; only eleven if boiled. Boiled mutton loses ten per cent.; roasted, twenty-five.

285. Many men who have been successful in business begin to indulge in the dream of retiring. It is very easy to retire from, but it is just as important to decide wisely what shall be retired to; if it is to idleness, to inactivity, mental or physical,

it will be a great mistake. The safest method of retiring from business, is to engage in some occupation which fills up the time pretty well, and which shall engage a new set of activities.

286. Persons often cough half a night, or lay awake for hours in consequence of having eaten something which did not agree with the stomach, —generally some unusual thing,—or from having eaten a late or hearty supper, or having eaten moderately, but while greatly fatigued.

287. When a person has any uncomfortable sensation, or notices anything disagreeable or unusual connected with the bodily habits and functions, it is best to think back and endeavour to ascertain the cause; as the first step in the cure of all maladies, and an indispensable step, is to remove the cause, and that cannot be done unless it is first clearly ascertained what that cause is.

288. Never eat or drink a new or rare thing late in the day, or just before going to church or on a journey; it may disturb the system inconveniently.

289. Persons subject to piles should avoid using cushioned seats; and night and morning should flap cold water against the parts until they fairly ache; and in addition, avoid constipation.

290. Soft corns are cured by using buckskin protectors; bathe them freely in warm water; never pare them. Hard corns are ordinarily relieved by soaking the feet in warm water night and morning, until the corn is so soft that it can be picked out with the finger-nail; repeat the operation as often as needed; never cut a corn, it is dangerous sometimes, always hardens it, and spreads and deepens the roots.

291. Sprains are always promptly relieved by allowing the coldest water to fall upon the part steadily, until no discomfort is experienced. Repeat as often as necessary; keep the sprained joint elevated if about the hands, and horizontal if about the feet, so as to promote the flow of blood from the parts by gravity; and live for a few days on fruits and coarse bread mainly.

292. Wines are either sparkling, as champagne; or still, as others; dry, as sherry; sour, as hock; sweet, as port. Dry wines have the most alcohol; the sour have the least sugar, the sweet have the most and are the weakest; white wines are made red by greater pressure of the skins and fermentation; but the use of any of them, like the use of cordials and bitters, leads to drunkenness. "Wine and oil" was the great cure-all of the ancients: the wine to elevate, sustain, and strengthen; the oil to feed, nourish, invigorate, and warm; and these are the points at which the successful physician aims to-day.

293. Fulton and the locomotive; Morse and the telegraph: the one annihilates space, the other time, thus hastening the coming of the nations together,—the grandest material agents of civilization.

294. Better rule by persuasion than force.

295. The eye and the ear are too delicate in their construction to be tampered with; hence it is best when they are out of order to consult a competent, experienced, and skilful physician.

296. It is one of the million evidences of Divine love and wisdom that gases, airs, and corrupting substances which are injurious to the health, have

such a disagreeable odour as to compel their removal. This noxious air has two elements: one is the odour, to notify us of its presence; while the other is the poisonous ingredient, the seed of the disease, called a germ, or spore, or cell. Hence the real efficient purifier of a bad air, whether it be called a deodorizer, antiseptic, or disinfectant, should have the quality of taking away the bad smell, as will water to which ten per cent. of copperas has been added. Two per cent. of pure carbolic acid added to water gives a mixture which will arrest decay and destroy the disease-producing element. The two together make the cheapest and best deodorizing disinfectant.

297. In ordinary conversation when a man says "I saw it," there is a tangibility and a force about it which does not belong to the mere sentimental expression of the same idea; for there is a proof about it, a demonstration, which gives it a convincing power; but about health and disease, it is never a safe guide out of professional hands, because neither the condition, the constitution, nor the surroundings of any two persons are ever exactly alike. The wearied donkey felt relieved after crossing a stream, for he was loaded with salt; his companion, quite as weary, was encouraged to follow, but carrying a sack of wool, he sank at the edge of the other shore.

298. He is not more the world's benefactor who causes two blades of grass to grow where only one grew before, than he who expresses a new truth, or proclaims an old one in more taking words than any one had ever done previously.

299. The proper management of the feet is of

the first importance to the comfort and health of all: they should be washed every night in summer, and twice a week in winter; stockings and shoes should have several hours' airing in the sunshine, when practicable, after each wearing.

300. Acids always injure the teeth, pure sweets never do.

301. To insure purity of water for household purposes and to come within the means of the masses, wooden cisterns should be constructed above ground, to be filled through pipes conveying water from the house roof, falling on a layer of sand a foot or two deep at the top of the cistern, to be renewed several times a year if necessary; the water is thus filtered and is perfectly free from all sources of contamination.

302. In dyspepsia the whole character of the individual gradually changes for the worse: the most placid man grows petulant and irritable; the loving heart becomes estranged by groundless suspicions; the cheery face wears an oppressive sadness; while all that was once joyous and hopeful and glad goes out at length into the night of settled melancholy, confirmed madness, or terrible suicide.

303. Tooth powders never preserve but always injure the teeth in proportion as they whiten them. If a powder is never used, the teeth may not be so white, but if kept clean with a brush and cold water they will last longer.

304. The appetite is either natural or artificial. The natural is always safe; the artificial is always dangerous. Bread and water are examples of the former; liquor and tobacco of the latter. The natural has five characteristics: 1st. About the

same amount of bread and butter satisfies us every day for years. 2nd. We do not want bread and butter oftener now than years ago. 3rd. Any specified amount satisfies for as long a time to-day as it did at any previous time. 4th. A pound of bread will give as much satisfaction in childhood as at fourscore. 5th. We take bread three times a day and never get tired of it, and its use is not followed by any unpleasant symptom. Tobacco and stimulating drinks are the reverse in all points, the appetite for them being artificial.

305. The best way of imparting religious instruction to the young, so as to accomplish an unmixed good, is to invite by appeal, example, entreaty, encouragement. The Master said, "Come."

306. In recovering from any sickness: 1st. Keep abundantly and comfortably warm. 2nd. Studiously avoid taking cold. 3rd. Watch against over exercise. 4th. Eat moderately and at regular intervals, of plain, nourishing food.

307. Much has been written and more said about the ruddy faces and happy health of the barefooted, frowsy-headed, ragged, and begrimed children of the poor. Many are almost persuaded that "dirt is healthy," but careful and close observation will always show that of an equal number of children of the same age, one hundred of the poor die, but only fifty of the rich; so great is the difference between being comfortably clothed and fed and housed, and otherwise well cared for and having to "take things as they come," and subject to want and exposure and privation.

308. Charles Lamb used to meet a bright, cheery little school-girl every morning, as he went out for

the business of the day. Suddenly he missed her and found she was dead ; and wrote :—

" My sprightly neighbour gone before,
Shall we not meet as heretofore
Some sunny morning ? "

309. The purest sources of water supply for domestic purposes are artesian wells or cisterns above ground, to receive the water from the roofs of houses. Water from wells and springs and rivers is becoming more and more contaminated, less and less fit for cooking and drinking as population increases.

310. Many persons have a great horror of night air, as if there were something deadly in it. But in-door air is only the air of out-doors impregnated with the odours of kitchen, cellar, and other sources of impurity.

311. Nature often cures consumption, man seldom.

312. If there be no recognition hereafter of the loved and lost, whence the universal desire and hope and longing to be buried beside the departed.

" One only word she uttered
While life was ebbing fast :
' Sleep by my side, dear mother,
And rise with me at last.' "

313. One of the saddest sights in nature is to see an old person grow more and more irritable and complaining and fretful as years increase ; with less of human sympathies day by day ; less forbearance with the faults and foibles of mankind ; pronouncing hasty and harsh judgments on the actions of others ; attributing selfish or sinister motives to all

that is said and done, as if under the whole heaven there was nothing true, nothing sincere, nothing generous, nothing lovely. Surely it were better for that man if he had never been born; for there is no sunshine in his sky, no goodness in his face, no joy in his heart, and nothing genial in his whole nature.

314. A talented editor of a popular magazine rode all day, some ten years ago, eating nothing since breakfast, taking a very hearty dinner late in the night when hungry and fatigued. Soon after he went to bed, and has not got up yet. So if you want to get up perfectly well any morning, do not eat a hearty supper late at night when weak, tired, and exhausted.

315. If a man has consumption, and a running sore breaks out on any part of the body spontaneously, the disease is generally arrested and sometimes cured. This led to the conclusion that if an artificial sore was induced, it would cure too; but it never does.

316. The time may come, and at no very distant day, when eating will be regulated by the thermometer. We put on more clothing when we go out of doors, if there is a difference of twenty degrees or more in the temperature of the atmosphere, in order to keep the heat within us and to keep off the colder air. We are kept warm by the food we eat, it is the fuel of our bodies. We no more need as much fuel in them in a warm day, as if it were many degrees colder, than we would need a large fire in summer, for this would generate more heat within us than we need, and that is internal fever which dries the skin, closes the pores,

and prevents the evaporation and escape of those waste matters, which if retained in the body would poison all the blood. It was a desire to remove this poison from the body which led our grandmothers to administer so freely the sassafras and catnip-tea and powdered brimstone to children, in the spring of the year,—a result of eating as heartily in the warming April and May as in the previous colder weather.

317. In work or exercise for health, it is more economical in the end to note how little has been done in an hour, than how much.

318. If we sleep in a close room, the carbonic acid gas which escapes from the lungs at each expiration is absorbed by the moisture of the breath, and uniting with other impure gases which are always found in close rooms, becomes heavy and settles on the floor, especially if the apartment is cold; hence the nearer the floor we sleep in cold weather the more impure is the air. In cold weather especially, it is better and safer to keep the mouth closed and to breathe through the nostrils, for thus, by compelling the air to pass into the lungs through the circuit of the head, it is warmed before it reaches the lungs, inducing deeper breathing, thus distending them more fully and causing a more healthful development of the chest; in addition, the hairs at the entrance of the nostrils serve to act as a strainer which retains very many atmospheric impurities, while others are detained by coming in contact with the moist surfaces of the air passages, to be cast out of the system at those frequent clearings of the nose of its contents, which while they are necessary to be passed out

nature; in whatever way it may be brought into conversation, it is as much as to say, "are you so dull as not to see that?"

519. The Rhizopod, "root-footed," is the simplest and perhaps the oldest form of animal life; it is found in deep sea-soundings, in the form of a powder when dried, so fine that it disappears in the cracks of the skin in the palm of the hand; each atom is found to be a shell perforated with holes, out of which the inside inhabitant puts its feelers and draws in what bits of food it can find. They are found in the farthest ages backwards, and in the oldest geological strata the largest specimens are found; one in Canada, three feet in diameter, large enough to have existed before Adam was, showing the general truth, that the longer the animal is in reaching its full growth, the longer it lives, and so of man.

520. It must be the perfection of bliss to a child when it falls asleep with its little hand in its mother's, giving that delightful feeling of safety and security, which only a trusting heart can know.

521. Children owe to their parents more than they can ever pay them; but it is paid to your grandchild, who needs it more than you; besides, it was your indebtedness to your own parents.

522. Causing a symptom to disappear is very seldom the cure of any human infirmity. The true course is to prevent the symptom.

523. Before the town of Salisbury, England, was drained, twenty-seven persons died each year out of every thousand; after drainage, only seventeen. The drainage about a family residence has quite as decided an effect on the occupants; the dryness of

a locality on which a house is to be erected, should always be a main consideration.

524. Wealth is not acquired by short cuts, except in very rare instances. Men who are very rich, have become so in almost all cases by slow degrees at first, as the result of industry, economy, and incessant self-denials; and he who relies on any other means will pretty surely die bankrupt.

525. It is said that the northern Chinese mingle arsenic with their smoking tobacco, which, as the missionaries state, is never sold there without that adulteration, and that the "arsenic smokers are as rosy as cherubs, and have lungs like a blacksmith's bellows." Hence the inference that arsenic smoking cures consumption. But there are many who have rosy cheeks and strong lungs, who have never smoked arsenic; besides, when once the habit is established it must be kept up, or death is inevitable.

526. In Germany one person is born annually to every twenty-five persons; in Great Britain to every twenty-eight; in Austria to every forty-two.

527. A rough towel or flesh brush should never be used by a person in health; the best frictioner is the soft, warm hand, as it aids in removing the dead scales of the skin, and keeps the whole surface of the body in the natural condition of that of an infant.

528. In answer to a question, a bright-eyed little boy said, "A sob is when you don't want to cry, and it bursts out of itself;"—but pent-up grief is always prejudicial to health; tears ever bring relief to the saddened heart.

529. The play of "Russian Scandal" is amusing

and instructive: a dozen persons around a table; one writes a short story or statement on a bit of paper, then reads it to the person next him, that one repeats it to the next one, and so on, to the beginning; the amusement comes in comparing the original with the last statement and fastening the greatest deviation on the proper person, who, if beautiful, must be kissed all round.

530. Keeping the mouth shut saves strength in walking, modifies excessive perspiration in sleep, prevents the vacant appearance so observable in country people when they come to the city, supplies the lungs more regularly with air, tempers a cold atmosphere in its passage to the lungs through the circuit of the head, and tends by the deeper breathing to the greater development of the breathing organs.

531. The young lady who can make a boast of her ignorance of all household duties, should be allowed to become an old maid.

532. Horace Walpole wrote: "Use a little bit of alum twice or thrice a week, no bigger than half your nail, till it has all dissolved in your mouth, and then spit it out. This has fortified my teeth, and they are as strong as the pen of Junius. I learned it of Mrs. Grosvenor, who had not a speck in her teeth till death." But how old was the great Horace when he wrote that; did Mrs. Grosvenor die over forty? Many a worthless "cure-all" is originated in the same careless way.

533. It was nearer fact than fiction or fancy when the little expiring girl said, "Now, mother, I'm dying, open the door and let the angels in, they've come to take me home."

534. "Simple remedies" have a great attraction for some, and often are employed with fatal effect.

535. There should be a thermometer on the outside and inside of every regularly occupied room: on the inside, five feet from the floor, to give some idea of what the comfortable warmth is to the occupant. The difference between in and out-door air is often thirty or forty degrees or more; and a person, not knowing it, fails to provide extra dress, becomes chilled, and the next thing is a hoarseness or bad cold or sore throat, if not pleurisy or some form of lung disease, rheumatism, asthma, or influenza, which may be an annoyance for weeks and even months.

536. Remedial means are called simple, because we are familiar with them or see them in daily use, but they are not the less dangerous on that account in their application to diseased conditions of the body. A lady was advised to apply "rotten apples" to her eyes at bedtime, to rectify an inflamed condition; two decayed apples were laid on the eyes and kept in place with a handkerchief; the next morning her sight was utterly destroyed. Green tea is a very simple article: it was given to a child with diarrhœa, which it promptly checked; convulsions and death followed. "The grease from a candlestick" was recommended to an eminent judge to apply to a scratch on the shoulder of his little daughter; in a few days she died of poisoning, caused by the chemical combination of the tallow, the brass, and most likely some other chance ingredient; vinegar or the acid of a lemon may have fallen on the spot and decomposed the metal.

537. With a few general principles on health and disease, and the intelligence necessary for their skilful application, a person during a lifetime may be able to alleviate or remove a great amount of human suffering.

538. Young children are often ailing. The appearance on the skin of a raised red spot, called a "hive" immediately abates all the symptoms; drive it in by the application of so simple a thing as cold water, and the child will suffer or have convulsions within an hour.

539. It is always a great risk to make any application to any breaking out on the skin of the body anywhere, stronger than sweet oil or warm water, unless by the direction of a physician.

540. All breaking out on the body is "a good sign;" at the same time it is an indication of disease, in the sense that "boils are healthy;" the philosophical meaning is that nature is endeavouring to throw out, on the outside of the body, certain particles which were in the blood and which were poisoning it; the "sign" is that she is vigorous enough to do it, if she had not been, the patient would have died.

541. It is as much a man's duty to live happily as to live industriously; he may be so overrun with business, so pressed by complicated cares and responsibilities, as to rob himself of all real satisfaction, and he enjoys neither food nor friends nor family, when the Mighty One "hath given us all things richly to enjoy."

542. The Maker of us all, whose distinctive appellation is "Love," cannot have intended that *man's condition* on earth should be a slavery;

therefore the man who makes himself such a slave to business, to money getting, as to have no enjoyment worth speaking of in anything else, is not answering the end of his creation.

543. The measure of a successful life is not the doing but the being; is not the getting, but the enjoying; not the amount of a man's money, but the amount of his happiness.

544. He is the wisest man and will live the longest, who makes business a pleasure and the acquisition of money an ambition, as a means of benefiting and elevating and blessing others.

545. The ability to make money is a talent; the ability to keep it is two; the ability to use it wisely and well is ten.

546. As the world gets older and more crowded, the rivalries of life become greater, the strife for bread more trying, the ambition for distinction more absorbing, the rage for riches more reckless; and in all cases those who insist on being foremost, will enjoy life least and soonest lose it.

547. Hurry is the bane of modern civilization, and is often blind.

548. The busiest man sometimes breaks the soonest.

549. "Let alone" is a grandly effectual remedy in very many of the accidents and diseases to which humanity is liable. It is the universal remedy of the animal creation.

550. A single principle admits sometimes of a dozen different applications in connection with the well being of the body.

551. It is a favourite saying and considered wise by all, "Take things by their smooth handle;" and

it might be a source of a greater amount of human enjoyment if the average motto in reference to the occupations of life were, "Choose the easiest." There is no virtue in aiming to accomplish difficult things simply because they are so.

552. There are a multitude of cures for old sores and new: from the entrails of a live chicken to the grease of a goose; from a mashed potato or a scraped turnip, up to a stewed apple, just as there are different ways of starting a balky horse; for example, tying a string tightly around his ear, rubbing his nose with mud, or giving him something to chew. The principle involved in the former case is the application of whatever will keep the parts moist and warm and protected against the air; in the latter, to distract the attention of the horse for a moment, then crack your whip, as the animal can't think of two things at a time.

553. Sometimes men are busiest and work hardest in enterprises which are to end in the ruin of their fortunes.

554. Human life can be enjoyed with much less of its glitter than is generally supposed.

555. No wonder that most Americans who have lived awhile abroad have an ever-present desire, and pleasantly cherish the hope that they may be able to go back again; it is because there is a quiet and a composure there to which at home they are strangers.

556. Taking Great Britain and France and Germany together, there is more enjoyment, more that is pleasurable in domestic and social life than there is in this country, because there the masses *merely* aim to maintain their place; we are con-

stantly striving, with all the energies of our nature, to get up higher.

557. In applying a cold water compress, a dry impervious cloth, such as oiled silk, should cover the compress and extend an inch or more beyond it, so as to lay down flat on the skin, and prevent the steam inside from escaping; this opens the pores of the skin. The next compress gives a shock or a check, followed by a reaction acting also by the evaporation of the water, carrying off the heat very rapidly through the instrumentality of the steam. Thus may intense inflammations and burning fevers be safely and gratefully cooled off, without any medicinal means.

558. "Compresses" are cold or hot, linen or woollen; with woollen apply hot water, with linen cold. Take five or six thicknesses of linen, three or four of woollen; three of each, so that one or two shall be in the water, while the other is on the ailing spot, to be replaced about every five minutes, so as to keep the parts as constantly cold or hot as possible; if you want to diminish the heat of the part use the cold, which should be placed in a vessel of water, containing lumps of ice; if there is no appearance of redness or heat, but internal suffering or inflammation, use hot compresses, thus: let the water be as hot as the hand can bear, press out so much of it as will prevent dribbling, lay it quickly on the part, cover it with a broader piece of dry flannel, and this with a still broader piece of oiled silk or india-rubber cloth; these are to keep in the heat, to be put on as hot as possible, and renewed as above. Allow no wetting of the clothing.

559. If a man can skilfully and judiciously apply a water compress, he has at command, at all times and places, remedial means equal to half of any drug store.

560. A judicious nurse is worth as much in the sick chamber as a skilful physician.

561. Almost all human sufferings can be alleviated or removed by cold or warm water; and if the three questions, Why? When? and How? are properly decided and applied, then "water cure" is elevated to a science.

562. If you have a bad cold, great good will be done by a Turkish bath, a Russian bath, an ordinary warm bath; but an "old woman's" bath will do as much good, costs less, is universally available, and is attended with no danger, there being no need of going out of doors for some hours, and thus avoiding the risk of taking cold. The last bath named is an old-fashioned "sweat," brought about by being tucked up in bed in warm blankets, and drinking hot teas, until a most profuse perspiration is induced, and kept up for hours.

563. *Water, Exercise, Diet.*—The first in abundance, to keep clean; the second in moderation, to keep the blood pure; the third regular, to sustain and strengthen;—with these, a man may maintain good health to the utmost limit of fourscore.

564. "Over-worked brain,"—such a thing does not exist, if we mean in the study and investigation of philosophical, professional, and literary subjects.

565. When you are well, let yourself alone, you can never be better than well.

566. Hard study improves the power of the

brain and gives it greater capabilities, but it never destroys.

567. Men become deranged from ill health, from business reverses, from personal mortifications, from mental troubles, from the effect of sharp-pointed memories and mental perplexities, but never from "hard study," if the body is kept in good health.

568. The best medicine for children is fun, frolic, out-door play, and unrestraint.

569. Never persuade a child to eat, or compel him to eat what he does not like; it is an unreasoning tyranny.

570. Encourage laughing and talking among children at the table, it promotes the circulation of the blood, and prevents fast and over-eating.

571. To take a meal in silence at the family table is unphilosophical and hurtful, both to the stomach and the heart.

572. Sameness of food is a great drawback to the health, for nature craves a variety of elements.

573. The noisiest children are generally the healthiest. It is better to hear a boisterous laugh than a pitiful moan.

574. If you want your children to be happy and good, keep them well, and show them a good example.

575. Industrious brain-work, hard and heavy though it be, promotes bodily health, if not performed within an hour of a regular meal, because it works off the effete matters of the system and begets a good appetite.

576. It is eating irregularly and studying too soon after eating, which destroys the health of brain-workers.

577. Temperate brain-workers, those who live plainly and regularly, are notably long livers, as Newton, Herschel, father and daughter, Humboldt, and a multitude of others.

578. Many great thinkers and writers have died in their prime—as Byron, Burns, Coleridge, Shelley, Keats, and others—of convivial and other habits, not hard study.

579. Among the hardest thinkers of antiquity are the names of men who lived beyond fourscore: as Georgias, Epimenides, Isocrates, Herodotus, Hippocrates, Zeno, Xenophon, and others.

580. No man can think well, or study hard, on an empty stomach.

581. Eat slow, if you would eat long.

582. Ideas are sometimes floating in the mind for a long time, not crystallized into words; and when we first find that some one has given them expression in language, it is attended with a peculiar satisfaction and makes a deep impression on the memory. It is hoped that this may be true in reference to many of the practical sentiments in these pages.

583. One of the best means of keeping the feet warm, is to keep them clean and dry: clean, by daily washing in cold water; dry, by having the soles of shoes soaked in grease, until saturated, requiring a day; or paint the bottom of the soles with kerosene oil, and repeat the operation four or five times at intervals of half a day, exposing them to the sun to dry. Serious disease is often caused by damp shoes, and much more if wet.

584. India-rubber shoes being impervious, are a *great protection* to the feet in cold weather, by

excluding the cold and retaining the natural heat of the feet.

585. It is always hurtful and sometimes dangerous to go to bed with cold feet, which is often the case with persons even in good health, who have been on their feet a great deal during the day. On removing the shoes at night, the cooler air condenses the perspiration of the day, causing a clammy dampness, and they soon become icy cold, preventing sleep, and inducing serious ailments, unless warmed by a fire before getting into bed.

586. Many persons have brought on serious sickness by holding on to the knob of the front door while standing in a draught, and speaking "last words" to friends or visitors.

587. In going out into the cold air button up, draw on the gloves, and adjust everything for keeping the cold out, before opening the door.

588. From long years of observation, the British government has found it a great preservative of the health and life of their soldiers, and especially sailors, to require them to wear woollen flannel next the skin all the year round, even in the tropics.

589. Persons who sit or stand a great deal during the day at their business, should wipe the soles of their shoes as dry as possible at the door, and then have their feet rest on a woollen mat, instead of a stone, or even wooden floor, as they abstract the warmth from the feet all the time through the shoes.

590. Nothing should be considered trivial which promotes health or prevents disease: for in sickness we are worthless to ourselves, and more or less a burden to others; our own time is lost as well as

that of those who wait upon us, and there is no joy or gladness in the blue sky or the blessed sunshine. Fine houses, and lovely families, and admiring friends, and millions of money—none of these avail to mitigate a single pain, or cool the burning fever, or give a moment's sleep.

591. Vigorous and robust health is worth more than millions of money without it.

592. The overpowering feeling in the act of dying is that of utter helplessness, of sinking away; and the yearning of the soul is for something to lean upon. "Don't leave me, my son," were the last words of the great commoner, Henry Clay.

593. When Hume, the historian, was dying, he called for a pack of cards, to while away the last moments in playing whist. When Sir Walter Scott was near his end, he said to Lockhart, his son-in-law, "Bring the Book." "What book?" "There is but one Book," as he pointed to the family Bible, which lay on the stand, as if he thought that what was in that book was the only thing in the world that was of any worth in a dying hour, and as if he wanted to lean on that.

594. As Prince Albert of England, accomplished, cultivated, refined, illustrious, approached the dark river, he said to one at his side, "I have had wealth, rank, and power, but if these were all I had how wretched should I be now;" and then exclaimed,—

"Rock of Ages, cleft for me,
Let me hide myself in Thee."

595. The lower grade of vitality in plants produces the male, the next higher the female, and the third highest the germ for a new life; thus it is that

woman has a higher organization, and a larger amount of vitality than man, she having to do the most in the production of the new being.

596. Sap ascends in some plants at the rate of six inches in an hour; at others, as in the cherry laurel, twenty-four in the same time; but in men there are different rates of rapidity of development.

597. The difference between the sexes in plants is, that more vitality is expended in making the female than is necessary to make a male.

598. In the vegetable world, the reed runs up in a season, and is frail; the oak in a century, and is as solid as the hills; so the slower the human body is in reaching its maturity, the more durable is the constitution and the longer the life.

599. The moral and physical dangers of marriage before twenty, and being out of the married state after twenty-five, are so great, that they ought never to be encountered without serious deliberation, and from most pressing necessity.

600. Blindness, nervous prostration, incurable sore throat, and other maladies, often disappear when the habit of tobacco-smoking has been discontinued, showing clearly that it caused them. Hence the fact, that not all who smoke have these symptoms is no guarantee to any man that *he* will not be injured if he smokes.

601. Raw cotton, bound well on sores and wounds and the surfaces of amputated parts, they having been well washed with camphorated spirits, is a better cure than any poultice; because the spirit kills those germs of disease which are always floating in the atmosphere, while the cotton is such a perfect filterer it is impossible for any of these corrupting

and poisonous germs to reach the sore; hence it heals healthfully from the beginning.

602. Alcoholic fluids, ether, chloroform, and chloral, in all their shapes, are narcotics, and if food at all, cannot be considered natural food, which animates without exciting the pulse, except for a short time during digestion, and leaves no disagreeable effects behind.

603. All need at times some stimulus to elevate above depressing circumstances: then the stimulus of agreeable society is immeasurably better than the stimulus of liquor; the stimulus of a happy home than the stimulus of a club.

604. The old and the frail should wear woollen drawers as well as shirts, for half the year at least, and also those who travel in winter time.

605. One of the most comfortable operations during the fire time of year is to draw off both shoes and stockings on coming into the house for the night, and hold the naked feet before a blazing fire until most perfectly dry, and then put on a dry pair of stockings and warm slippers. Repeat the warming before going to bed; if farmers and labouring men were to make this an invariable habit even in summer time, washing the feet in warm water before the last warming, it would contribute very greatly to their comfort, their health, and the soundness of their sleep, and would repay the trouble a thousandfold in the course of a lifetime.

606. If the feet are found cold after getting into bed, rub them with the hands and wrap up each one well in a newspaper.

607. It is said of Bismarck that everything he does is with perfect system, exactness, and care;

that he never shows any indication of haste or effort, and seems to have plenty of time for everything. It is the want of system and of doing things well at first, that fills the world with its hurrying and worrying multitudes.

608. The best material for inner clothing is woollen flannel; the worst, linen and silk, even in summer time, because in case of actual perspiration the material becomes damp, clammy, and cold, which cannot be the case with woollen.

609. Dr. Schlieman, the eminent scholar and archæologist, mentions that from fourteen to twenty he worked from five o'clock in the morning until nine at night, in a grocer's store, retailing herrings, butter, brandy, milk, and salt, grinding potatoes, sweeping the shop, and doing a multitude of other things, but he adapted himself to his situation. It was part of the schooling which has since made him an undying name in having discovered the site of ancient Troy. And yet there are multitudes of the young in this country, who, although they must work for a living, would think it a great hardship to be required to be at their work at seven in the morning and to leave it off later than sun-down.

610. The best protection against sickness and pestilential maladies is good living; which means an abundant supply of nutritious food well prepared.

611. A spendthrift sometimes grows careful; but the niggardly, liberal, never.

612. Desserts, of every description, if well made, are as healthful and as nutritious as other articles of food if taken at the beginning of the meal, because they would take off the "edge of the appetite" and

we would not over-eat of plainer things; but presented after an ordinary meal, when we have already taken enough, the appetite is tempted to excess, nausea or indigestion or discomfort of some kind follows, which we attribute to the last thing eaten, when in reality the error has been in quantity and not quality.

613. What we call "symptoms" in reference to sickness, are either admonitions of nature that something is wrong, or are her modes of cure, and should not be interfered with or antagonized in the latter case.

614. It is always unsafe to check loose bowels with internal remedies, especially in children and infants, as the effect is to cause convulsions within an hour, sometimes.

615. Those who eat the most can do the most hard work, whether of body or brain.

616. It is not hearty eating which causes dyspepsia so much as irregular eating.

617. Each sleeper should have a chamber equal to a measurement of ten feet each way.

618. Never read yourself to sleep: in the daytime it strains the eyes, at night it endangers firing the house.

619. Two persons ought never to sleep together in the same bed as a habit.

620. Undisturbed sleep is that which most invigorates and refreshes.

621. Half the failures in life are from the want of faith, patience, and persistence.

622. Energy is a misfortune, an engine of evil, unless well directed.

623. Let the young remember that the road to

eminence in every calling is always through hardship and toil.

624. "Words are but air, and tongues but clay;" yet a word has broken the heart, and a single utterance of the tongue has many a time made such an impression on the feelings, as to cloud the whole of after-life; hence the value of the Scripture expression, "Set a guard upon the door of thy lips."

625. No man has a right to say what he pleases, even although it may be the truth, if it can hurt the feelings of another, unless stern justice requires it. But a noble nature can scarcely be persuaded to take that responsibility,—would rather suffer wrong.

626. That is no home, though built of marble, carpeted with costliest fabrics, ornamented with the rarest paintings and sculpture of exceeding skill, with all the surroundings of conservatory, park, and garden, if there lives under that roof a fault-finding father, a scolding mother, a wild son, a dawdling daughter, or an ill-natured child.

627. It is better to have too little respect for the wisdom of our ancestors, than to be the abject slaves of customs and "proprieties," which have no sense in them.

628. Among the greatest commanders, statesmen, lawyers, physicians, and divines, there are very few who ever hoarded money.

629. Travel gives breadth of view to all, enlarging both the intellect and the heart.

630. A quiet self-possessed air is the passport of a gentleman, the world over.

631. When we meet a man on the street any day, and engage in conversation, it may seem of no consequence what we talk about; yet it often happens

before the colloquy is ended, that some word has been uttered, some expression used, some sentiment announced, some information given or fact stated, destined to make an impression on that man's mind and memory, which will colour his whole subsequent career.

632. Some persons of a small mind and narrow nature assume the right, and justify themselves in the exercise of it at pleasure, to say anything provided it is true, however it may annoy or outrage the feelings. For example, "Your brother was hung." True, but the injustice of the remark, its cruelty, are the greater, from the very fact that it was true. The statement could only come from a heart encased in adamant, and seared from all human sympathies,—an utter stranger to all that is noble and generous in human character.

633. The use of porter, ale, gin, and other spirits by nursing mothers, to "make milk," has a direct tendency to create a love of liquor in the child, which is very sure to lead to a drunken and blasted life.

634. Many a family mansion has been built with the savings of a lifetime, to make the graves of half the household within a few months, by neglecting to secure a thorough drainage and a supply of good water for drinking and cooking.

635. Women recovering from confinement are stronger on the fifth day than on the ninth, hence should not be kept in bed longer that the fifth, notwithstanding the proverbial "ninth."

636. There is a general impression that the air is poisonous to sores and wounds; pure air is not so, for it cools and keeps down fever and inflammation. *The poi*sonous element is in the germs and spores,

which fill the air everywhere in warm weather near human habitations; the cat and the dog lick their uncovered sores constantly, and they soon get well, because these germs are thus constantly removed; hence the simple application of dry raw cotton to a troublesome sore often cures it, because it detains the poisonous germs in its meshes, acting as an air filterer.

637. Before leaving a sleeping apartment in the morning, throw each article of bed covering over the back of a chair, or the foot-board, and hoist the window, if the weather is not rainy.

638. Never attempt to "drive in" any "breaking out" on the skin; rather keep it out by mild, moist, warm applications, such as sweet oil, glycerine, or simple bread-and-milk poultices; for repression tends to cause convulsions or water on the brain in children, and dyspepsia, diarrhœa, and cramps in the old.

639. A man ought not to be old at threescore, either in body or brain; in mental vigour he is really in his prime, with all the experiences and observations of a lifetime for his guidance.

640. An old man was dying the other day; he had passed his threescore years and ten. Conscious to the last moment, but too weak to speak, he took the hands of his wife, and son, and daughter, and sister, and mutely pointed upwards, as if to say "Meet me in heaven." Such a blessed thing is it, in a dying hour, to have lived a Christian life, and then to pass away, relying wholly and with implicit confidence on the Bible promises.

641. It is not he who owns the most, but he who enjoys the most is the happier man.

642. To obviate the effects of an overdose of chloral, drink very strong coffee.

643. Instead of attempting the vain experiment of trying to purify the air of an apartment with chemical compounds, get rid of it by opening every window and door and let the pure air in.

644. Some of the greatest productions of the human mind have been written under the stimulus of the want of bread.

645. Very few great men in arts and arms, in science or song, have died rich.

646. A man sometimes thinks "no," when he says "yes;" does a thing contrary to his judgment rather than go counter to his feelings—such an one is a moral coward.

647. It is possible for a man to lend another money, not in kindness, but in the pride of showing that he has money to lend.

648. When a noble nature does a favour or a kindness, it is done promptly, cheerfully, and with the whole soul; it does not make a man get down on his knees to receive a penny.

649. Too early success has often left a wrecked life and a premature ending, of which the great Pitt, and his successor, Canning, were impressive examples, because neither mind nor body nor character have had time for that consolidation necessary to the successful manipulation of the affairs of life. Napoleon's early success gave him that overweening self-confidence which laid the foundation for his ruin. The great Washington was slow in attaining the height to which he was destined, but he died in his greatness.

650. The best place for the cellar and kitchen is

the top of the house; we have them under it, getting all their noisome odours and poisonous gases, and as a result die before our time.

651. All eyes are greatly injured, especially those of infants, by opening them in a glare of light in waking up.

652. Weak eyes should be used as little as possible before breakfast, and no applications should be made stronger than pure, soft, tepid water, without competent medical advice.

653. We rise every morning with a certain store of strength, which should be expended on the most important work of the day, whether of body or brain, by riding to business and walking from it. Both brutes and birds rest after eating.

654. An author can write more easily, successfully, and well when he is certain that what he writes will be printed; it is something like the stimulus which a large assembly imparts to a speaker, helping him on to greatness.

655. The consciousness of making money legitimately inspires a man with a higher self respect, imparts to him a new energy, a new life, a new courage; gives more fire to his eye, more animation to his face, a firmer tread, a more elastic step, and a happier heart.

656. It was always known that men and animals had sensation, but it seems to have been ascertained at last that plants also have feeling. Wound one and it dies; touch another and it attempts to retire within itself; and not less than three kinds, growing in our own country, are known to attract insects by their beauty or their odour, then press or

poison them to death, and at last draw nourishment from their substance.

657. Exercise, when every step is an effort, is always injurious, never beneficial.

658. Never express an opinion or even form one on a one-sided representation, for a single point added or left out often makes a difference as wide as the poles asunder.

659. An old lady, on falling down-stairs for a second or third time, said, "I'm all the time falling down-stairs; I'm going to fall up next time." With the same spirit let us take all the mishaps of life.

660. He is the wiser and the happier man who prefers health to riches, knowledge, or power; for the last three can be acquired, and if lost may be regained, but lost health is without a remedy.

661. The beauty of plants and animals and man are all designed to insure reproduction. The gorgeousness of the flower is to attract the insect which conveys the impregnating pollen from the other sex of the same plant. The beautiful plumage of the most beauteous bird, like the fire-fly of the night, is to attract the lover of its kind, and so do qualities of human sexes carry away with admiration first, and softer feelings later on.

662. Harsh words and harsh requirements have many a time alienated a child's feelings and crushed out all its love for home.

663. None know so perfectly how to bring up children as those who never had any.

664. Mere theorizers have been the pests of the world in all ages.

665. Deductions from single facts are always

unsafe, and peculiarly so in reference to the cure of disease.

666. Because a man lives to be a hundred years old, and for half a century has used tobacco largely every day, it is not conclusive that another would live ten years who did the same thing, for the centenarian might have, and most probably would have, lived a good deal longer if he had never taken a chew or smoked a cigar in his life.

667. In looking over the habits of very old people for the purpose of ascertaining the secret of their longevity, only one element is always present,—a long lived ancestry, and next to that perhaps, in frequency, is uneventful lives, involving moderation, uniformity, quietude.

668. The odours from decayed rats fill a whole house for months. To prevent this keep the house clean, and let every eatable be placed in metal lined receptacles; bricks are easily eaten away, hence all the drains about a dwelling should be made of glazed pipes. A young rat breeds in three months, six or eight times a year, and one or two dozen at a time, or more than half a million in four years from one pair: hence the importance of the above measures for keeping them out of the house.

669. Pure candies are white, without the flavour of essences, and are composed wholly of sugar and flour, and neither hurt the teeth nor the constitution. They promote digestion at meals, and afford an essential element of nutrition, which is carbon or warmth; it is the excessive use of adulterated articles which causes mischief.

670. A little girl was asked, "What did the

Israelites do after they crossed the Red Sea?" "Don't know, ma'am; guess they dried themselves."

671. If you become possessed of money and owe another, allow no excuse of weather or unsuitable hour to prevent you from making payment; for the worse the weather, and the slacker the business, the more will it cheer and encourage the creditor.

672. Shun debt as you would plague, pestilence, or famine.

673. Each particle of pulverized charcoal absorbs one thousand times its bulk of deleterious gases; hence a ham well smoked and covered with it will keep for years, and butter put into a clean pot will keep sweet for twelve months if well surrounded by it.

674. A large proportion of throat affections depend on the ill condition of the stomach.

675. A burning sensation in the throat is sometimes caused by cold feet.

676. All nations have a greater or less love for music; its cultivation is proof of a high civilization, and everywhere it has an elevating and a refining effect on the character.

677. The consumptive steadily declines in strength, breath, and flesh.

678. The two most unfailing signs of consumptive disease are, a pulse always over ninety beats in a minute, and more or less cough of mornings, continuing for weeks together.

679. Where do little boys go who play marbles on Sundays? "Some goes a fishing, some goes a swimming, and some goes to the park," said little tow-head. On the same principle is it that the Indian's heaven is the happy hunting-grounds, the

Turk's a harem of beauties, the Christian's a home of purity and love and joy ineffable; while the little shoeless, hatless, curly-headed, chubby-faced, ragged urchin, in answer to a gentleman's question, what would he do if he were a king, replied, with the utmost confidence, "I'd swing on the gate all day and eat molasses."

680. The power of prejudice is strongly exemplified in the repulsiveness felt by the English-speaking people at the idea of eating horse-flesh, originally founded in the Mosaic prohibition against eating animals which did not part the hoof. The horse is more cleanly and more choice of his food than the ox, and feeds more exclusively on vegetable food. In China, where the population is dense, all flesh is eaten, whether of insect, bird, or beast. There are half a hundred houses now in Paris, where the flesh of horses, asses, and mules is exclusively sold for human food, to the amount of two and a half million pounds a year.

681. Many a young man might make his own fortune while waiting for his father's.

682. Instead of a dreamy life, or an idle waiting for some one to help you, pull off your coat and help yourself on the instant; such a spirit will soon need no help.

683. The doctrine of the transmigration of souls very early took possession of the human mind as a problem which seemed to solve most of the great mysteries of life, its inequalities of character and condition, a state of future rewards and punishments; it seemed to satisfy the intense yearnings for an immortal existence and at the same time to escape the horrors of annihilation.

684. Put down your idea in writing, the instant of its occurrence, whether at midnight or noon-day, while the spirit of it is upon you; it will never come to you with such force and power again.

685. Nervous exhaustion is often attributed to over brain work; but it ought to be known that thought, which is legitimate brain work, strengthens the mind as body work strengthens the body; bodily power, capability, is limited; the power of thought is without limit or boundary. Nervous exhaustion is the result of brain worry, that is, mental or moral causes, or of brain starvation. The nervous system must be fed; must be supplied with nutriment derived from the perfect digestion of sustaining food; dyspeptics cannot furnish that, and the nerves are thrown into the irritability of starvation; they complain for the want of something to eat; hence a starving brain and a starving man have symptoms in common with one suffering from nervous exhaustion, commencing with exaltation, like that from liquor; then comes exhaustion and failure.

686. The wish or willingness to lean upon another, is ignoble; to lean on one's self alone, is grand.

687. To be patient and thorough in all that one does, is to compel success in any calling.

688. Don't rely upon letters of introduction, to forward your views; introduce yourself and go ahead.

689. Success never did, nor ever will, come to that young man who knows everything,—in his own opinion.

690. They soon get to know the most for themselves who are the most willing to learn of others.

691. Genius is only another name for the concentration of the faculties of the brain, or its excessive development in one direction; the world would be the better and happier for an equable distribution of the mental powers.

692. He is the happier and the more generally useful man, who is good in many things and great in nothing.

693. They enjoy life most whose sources of pleasure are diversified; the man who can eat nothing but meat is more likely to starve in circumnavigating the globe, than he who relishes almost anything.

694. The sacrifices which others make in their good doing, we may never know. "I don't give much, but you little know how much it hurts to give anything," said a rich parsimonious old gentleman, when reproved for his closeness.

695. He is one of the most unfortunate of men, who begins soon after one meal to think about what he shall have for the next.

696. The bottom foundation of an excuse is a vanity or a lie.

697. It is a good rule to give a man full credit for his good deeds, leaving the motive, which we can never know, to a higher tribunal.

698. It will be found during the entire pilgrimage of the longest life, that a kiss will accomplish more than a kick, a kind word more than a threat, a smile more than a scowl.

699. "The world owes me a living," is a common saying with a certain class of minds. Such need only ask themselves, What have you given, or what have you done for the world, to entitle you to the

demand to support you? An equal fallacy was in a lazy fellow's complaint, that he could not find bread for his family. "Nor I, either," said his industrious neighbour, "I have to work for it."

700. If you have made a fortune and want to retire from the cares, responsibilities, and perplexities of business, and want to add to health and length of life thereby, and especially to promote your own enjoyment, aim to have your time fully occupied, in promoting such operations as have a tendency to alleviate the sorrows, the sufferings, and the sickness of the unfortunate, the friendless, and the poor; and "great shall be your reward in heaven," for the Master hath said it.

701. It is a great mistake to attribute any man's success in life to a single quality, to his energy, to his persistence, to his genius or his talent; for it is important that the energy shall have been preceded by the exercise of a good judgment, in determining upon what it shall be expended; and the same good quality is requisite in preventing one from embarking in a hopeless undertaking; while it is notably true, in multitudes of instances, that talent and genius are every day perverted to ignoble purposes.

702. To live long, successfully, and in the enjoyment of good health, a portion of each day should be given to the exercise of both body and brain.

703. Neither brain nor body ought to be hard worked in early life.

704. The greater promise of a healthy old age, is to the man who gives the first half of life to work and the remainder to thought, because bodily *labour* builds up and strengthens the constitution,

and thus lays the best foundation for efficient brain-work.

705. One of the saddest of all sights, is to see a young man of talent and genius wrecked in bodily health.

706. Instinct often gives warnings which reason, in its wisdom and in its might, disdains to notice, and we die before our time.

707. If one has the choice of energy or talent, the former will insure the largest success in life.

708. Nervous debility ends in nervous exhaustion, arising from an insufficient supply of nutriment to the nervous system, because the food which the man eats is not fully digested. Some of the earliest symptoms are named, so that they may be the earlier attended to: accustomed work grows irksome; the closing hours of the day are attended with greater fatigue; the usual sources of pleasure begin to fail; trivial annoyances become more annoying; domestic matters become more irritating; fault-finding is more pronounced, more frequent, and more extended; pleasures pale, the sun no longer shines, the birds no longer sing, and all nature is clothed in sackcloth and gloom—in the imagination.

709. They are happiest and the longest livers, whose ambitions are moderate.

710. If you want to be noticed, do something noticeable and society will reward you.

711. Medicines, like all remedial measures, are nauseous, for they were intended to be disciplinary, the discipline being necessary to remove the effects of our own wrong-doing.

712. A man may be quick in manner, decided in

speech, and inflexible in purpose; but he may be courteous and kind for all that.

713. Make yourself a head and shoulders taller than any about you. Society will not ask how you did it, but the "report" must be handed in at the last day to be passed upon by an inflexible Judge.

714. Remember that in starting out in life the patient removal of obstacles and triumphing over difficulties, while essential to success, gives courage and strength for greater things than these, and enlarges the capacity for enjoyment.

715. The price of all distinction that is worth the having, in art or arms, in science or wealth, is a lifetime of self denial and ceaseless effort; and after all it is the motive for the end which makes life a curse or a crown.

716. Talents, misapplied for want of judgment in properly directing them, have made of many a life a miserable failure, which otherwise might have been a most magnificent success.

717. The man who has a talent for business has no right to wrap it up in a napkin when he has made enough for his purposes; that talent should thereafter be assiduously used for the benefit of the race; for the injunction is, "Occupy till I come."

718. There is not in the wide universe a living thing nor an atom which is not in motion, to an end, outside. Shall any man be an idler, or work for himself alone?

719. Whenever it becomes the settled purpose of a man's life to accumulate money, he first loses sight of others, then of himself, then of all sense of *justice and right*. His whole existence is consumed

in clutching gold, and death alone unlooses the grasp. None loved him when he lived, none lamented him when he died.

720. Few are satisfied with a golden mean in the accumulation and expenditure of money; it is to be either profuse or niggardly; the former enjoys the expenditure and benefits others, the latter lives in misery and benefits nobody.

721. The meanest greed is that of gold; it curses the man and it curses his progeny, for it follows the blood.

722. Said a little girl one day, "What a pity to feed that nice parsley to the rabbits." She was a miser's daughter.

723. The dead are kept in a large, lighted room at the entrance to the grave-yard in Munich, for the space of "twice twenty-four hours," with wires extending from the fingers to a bell, the least motion possible indicating a return to life; but no such occurrence has taken place within the memory of any one inquired of. It was noticed that none of the infants had such attachments, as it was taken for granted that the reason of the thing could not be communicated in life, hence it is a saving of that much wire to the economical German; but it might be very advantageously attached to the toe, for the instant any baby wakes up it begins to kick.

724. Make it a constant study, during all seasons of the year and at all hours of the day and night, to guard against even an instant's feeling of chilliness; this simple precaution would prevent three-fourths of all the coughs, colds, and pneumonias which afflict and destroy the race.

725. If you experience a sensation in the head as if you had been struck, that is miniature apoplexy; there is a weak blood vessel in that part; it is too full of blood, and it is circulating with unusual rapidity; this causes a forced strain on that weakened blood vessel; it presently yields a drop of blood, soon a clot is formed, which by pressing unduly on the brain arrests the flow of the vital fluids of the nervous system, and the man dies. Eat less and less; this diminishes the amount of the blood promptly, while plentiful out-door exercise also diminishes the amount, and so energizes the circulation as to send more of it to the surface and extremities, leaving less for the interior, avoiding at the same time haste and hurry of body and mental excitement; study deliberation and equanimity.

726. When a decayed tooth begins to ache, and a dentist cannot be immediately secured, the safest things to be introduced into the cavity to ease the pain are prepared chalk, bicarbonate of soda, oil of cloves, or strong solution of hartshorn; creosote and carbolic acid, if introduced with care, are safe; no other efficient articles are.

727. The proper time for eating fruits of every description is half an hour before breakfast and dinner; and if in their ripe, raw, natural, and fresh state, the acid which their juices contain, and which is their healthful quality, is at once absorbed and carried, in its strength, into the circulation.

728. The weight and bulk of all the teeth in any person are always in proportion; if a front lower tooth weighs ten grains, the upper dog tooth, which has twice its bulk, weighs twenty, and the largest

upper jaw tooth thirty-three; these are the average weights of these teeth.

729. Boils and carbuncles are put back by anointing with the grey mercurial ointments four times a day, thereby rapidly reducing the inflammation and pain.

730. Never sit or stand in damp shoes or in damp places, for the water is attracted inwards by the warmth of the soles of the feet, condenses the perspiration, checks it, closes the pores, leaving the feet clammy and cold. A young lady alighted from her carriage at the Central Park so as to get nearer the music, stood on the damp grass, became chilled, rode home, sickened, and died in a few days.

731. Sitting on cold stones, or damp wooden benches, even for five minutes, often causes serious disease.

732. The best way to enjoy things is to use them, and thus get the worth of our money; there is no sense in gorgeous parlours kept in darkness; in sofas never sat upon; in diamonds never worn, or in leaving money to be spent by thriftless, thankless heirs.

733. Sometimes the reading of a single sentiment makes an impression on the mind which gives colour and character to all subsequent life.

734. Plunging a burned or scalded part in cold water instantly allays the pain, and in case of children quiets the alarm and noise of crying, giving composure to attend to further means.

735. It quickly causes a chill, or an attack of inflammation of the lungs, to walk rapidly against a cold wind, breathing with the mouth open; but if

a handkerchief is held loosely over it, the incoming air is tempered by the out-going, thus preventing harm.

736. Make it a point to set apart the sunniest, lightest, and most spacious room in the house, for your sleeping apartment; more than one third of your entire existence is spent there.

737. The "Food Cure" may one day become universal; every once in a while, some article from the dinner-table is discovered to have remedial merit; strong sage tea for night sweats; celery for nervousness; salt, pepper, and vinegar, for dyspepsia; and now it comes out that if a person has tape-worm and eats nothing for twenty-four hours, and for the next twenty-four hours will eat nothing but the inner part of the seeds of the squash, or pumpkin, the head of the tape-worm will be discharged the next day. This has proved efficient after five years of unavailing treatment otherwise.

738. Read as little as possible by artificial light, nor before nor after sun-down, nor with the light immediately in front, but let it fall at an angle on the page, over the left shoulder.

739. Besides an unquiet night, certain injury to the system otherwise will follow retiring to bed within an hour or two after a late and hearty meal, especially if the body is tired; yet a nap of a few moments on a sofa is exceedingly refreshing, leaving the person active and cheerful for the remainder of the evening, without interfering with the sleep at night. It is far better to do this than to endeavour to put off sleep until bedtime; the effort itself is wearying, while there is a certain want of everything in spirit and disposition which is calculated

to promote joyous and loving interchanges of thought, and feeling, and sentiment, around the family fireside.

740. The brain, like the sea, seems not to rest day or night, sleeping or waking; but we take no note of the thoughts in sound sleep; but those occurring in unsound sleep are more or less distinctly remembered, according to the profoundness of the repose; these remembered thoughts are called dreams,—shadowy, evanescent, ill-defined generally; yet sometimes, while dreaming, we have a feeling as if the dream had occurred before, or as if it were the continuance of a former dream; this is dream memory.

741. "Bad weather" may kill some people, but the want of weather kills more.

742. The "accidents" of life, with their long train of calamities, may be said to be always the result of ignorance or inattention on the part of ourselves or others.

743. Sometimes an actual occurrence in daily life recalls to mind a dream to that effect which seems to have become a reality, but in the main we should consider them as mere coincidences. If scarce one in a million of dreams "becomes true," it is difficult to conceive a reason for regarding it as a revelation, for we seem to have been taught that the days of miracles are over. Foretelling is a miracle as much as opening the eyes of the blind; and yet, a Boston lady is said to have repeated a dream the other morning, that she was terribly murdered, and she was before night; her husband has since been arrested for the crime. Did its narration at the breakfast-

table "put it into his head," or did the thoughts of the man influence the thoughts of his wife, as he lay beside her developing his plan, as two persons sometimes find themselves, while sitting together in perfect silence, thinking of the same subject, and one which had not been broached in conversation; or did the husband mutter threats to himself, all unconsciously as it were, in the ear of his unsound sleeping wife, and it formed a dream in her mind, just as it has been shown that a pistol fired off near a sleeping man has formed in him the dream of a challenge, a duel, and a firing off, at which he waked? this last is most likely the solution.

744. It is an unmitigated cruelty to command a child not to cry; every tear is a godsend to its little heart, and unwells its grief.

745. It has been stated by more than one or two American gentlemen of prominence, that in passing through Europe, they have scarcely met with a drunken person, and that therefore the free use of the wines of the country did not tend to cause drunken habits. In passing the whole length of Broadway any business-day in the year, scarcely a single drunken person will be met in a week, or a month. Europeans must work for their bread in the daytime; the evening is the hour for carousal. In 1873 there were, in round numbers, 56,000 arrests, of which 55,000 were convicted of drunkenness. Our countrymen abroad too readily fall into the customs of the country in the use of wine; milk would be more nutritious, more sustaining, and can everywhere be had; in looking along *down the dinner*-table at Chamouni, at the foot

of Mont Blanc, one day of the Exhibition year, when so much was said about the cholera at Vienna, there were perhaps a hundred persons present, of all nationalities; the only persons not using wine were that good, and able, and learned Baptist clergyman of New York city, the good Dr. Armitage, with his two accomplished daughters, whose superior taste in dress, appropriate and subdued, singled them out for complimentary remark. They took the circuit of Italy in July and August, and returned home without an hour's sickness, with water their only beverage.

746. Pent-up sorrow will soon break the heart and wear the body into the grave.

747. Any one is liable to be surprised at night, or in out-of-the-way places, with distressing coughs, colds, sore throat, croup, and other affections of the breathing organs, such as pain, oppression, and difficult breathing; the reader who indelibly impresses the idea on his mind, will have it in his power to do himself and others a very great service by the use of a very simple, speedy, safe, efficient, and almost everywhere an available remedy, thus: take four thicknesses of woollen flannel, three such place in boiling water, lift out one, wring out the water as soon as the hands can bear to handle it, lay it flat over the ailing part, cover over with a broader dry flannel, and oiled silk or india-rubber over that, if at hand; in five minutes have another of the folded pieces ready, raise up the edge of the dry flannel, withdraw the first and introduce the second in its place as quick as practicable, removing the bed clothing as little as you can, the object being to keep the

skin over the ailing part as continuously hot as possible; continue this until entirely relieved; if well done you will think it marvellously efficient.

748. The great Graham bread inventor died at fifty, and his co-worker, Alcott, at sixty; one-idea men seldom live long, and always fail of success.

749. Fanaticism is always suicidal.

750. "Bitters," in all their forms, are alcohol in disguise, and in many cases are stronger than the best whiskies or brandies.

751. The way to demoralize children, servants, and others into vice, is to let them know that you suspect them of these; for then there is no motive for rectitude,—for striving for your good opinion.

752. Time only can soothe the severest sorrows of life.

753. The plainest and strongest practical illustration ever made, perhaps, was by P. T. Barnum, when he said, in an address in Philadelphia, "I will undertake, and give bonds for the fulfilment of the contract, that if the city of Philadelphia will stop selling liquor, and give me as much as was expended here for liquor last year, to run the city next year, I will pay all the city expenses; no persons living within her borders shall pay taxes; there shall be no insurance on property; a good dress and suit shall be given to every poor boy, girl, man, and woman; all the educational expenses shall be paid; a barrel of flour shall be given to every needy and worthy person, and I will clear a half million or a million dollars myself by the operation."

754. The Duke of Wellington, at fourscore, *kept such* huge fires burning in his apartments

that those who came to visit him were compelled to leave in a very few moments; but he kept up only that amount of heat which was comfortable to himself; and so should all the old, all invalids, and those of frail constitutions; this one precaution by such would be a very great protection to health and life.

755. In the ordinary intercourse of life, when replying to the salutation "How are you?" answer only "Pretty well, thank you," and branch off to some subject of general interest; do not torture others nor add to your own by the painful and insufferably tedious and distressing enumeration of your bodily maladies.

756. There are many circumstances in which invalids would be greatly benefited by the use of the pure, unadulterated wine of the Scriptures, unfermented, and containing no alcohol whatever; thus made: pick out the most perfect grapes, press out the juice rapidly, put it into a closed vessel, which place in another vessel of water, raise this to a boiling heat for ten minutes, strain through a woollen bag while hot, put it into bottles, cork and wax, then put them in a cool place, top down, and it will keep pure for a long time, if the directions are well followed. Such wine is greatly nourishing to the weak and the sick.

757. The coincidence of a man's building a new house and dying soon after, has been very frequently remarked, but it is not a mere happening. Men are not generally able to erect homes to their own notion until they are advanced in years, consequently have not the vigour of earlier life, and not the same capacity for resisting the causes of disease; this,

connected with the very natural desire to move into the new house as soon as possible, leads it to be occupied before the moist mortar and plaster are sufficiently dried.

758. The most careful scientific observation has established the fact that vaccination does prevent small-pox in three cases out of four, and that it does not communicate other diseases.

759. A second vaccination should be had at about fourteen years of age, and if it leaves a good mark the prevention is perfect.

760. Natural history should be a much more common study than it is, even beginning at the elementary schools. The physiology and pathology of the vegetable creation is full of interest and profit. A few years ago, France lost two hundred millions of dollars by the Pebrine worm devastation of the silk interest. Pasteur, the ablest student of natural history living, was applied to for information and a remedy; he gave both, and thus millions of money are saved to the nation.

761. When the king of Sweden saw his ships' timber going to destruction in his dock-yards, through the ravages of an insect, he applied to the great Linnæus, who, by examining the insect, and studying its nature and habits, simply advised that the timber should be sunk under water during that part of the year when the insects were flying abroad and laying their eggs; the expedient was a perfect success; and it was he, too, who taught the world how to prevent the invasions of the sea upon the land, and washing away miles of shore, by sowing *the seed of* a certain grass which would grow upon *the beach.*

762. If you are ever put into the spare room of a family to sleep, or in an apartment on the north side of the house not your own, sleep on the outside of your bed, using your own clothing, mat, rug, or carpet, for bed cover; damp bedding has killed many.

763. The teacher for your children should not only be a Christian and a scholar, but in addition, by all means, let him be a gentleman; not merely in his bearings, but in his feelings and sentiments.

764. Never begrudge a liberal salary to an able clergyman, to a competent teacher, or a good cook.

765. Never stint your workmen at the table, for the best-fed labourers do the most work.

766. The harmonious and proportionate activity of body and brain gives that vigour of health which makes existence a pleasure, and life a continued delight.

767. The instinct of cleanliness is more universal in the animal creation than in man; the little bird spends a good deal of its time in washing itself, in adjusting its plumage, and in removing surplusage from its feathers and its body; the cat at once begins to lick away the slightest impediment to the sleekness of her fur; both the dog and the horse roll over on the grass and then shake themselves with great vehemence, as if to dislodge what they have loosened; and the much maligned pig is a model of cleanliness, and only resorts to the gutter and the mud-puddle when he is burning up with heat.

768. Whether your child be of a low, moderate, or extraordinary intellectual organization, you may not be able to save him from imbecility, or mediocrity, or the fate of a genius; but you can save him

from criminality, and make him even useful by giving him a careful and efficient moral training, and thus save him from being a fool or a fanatic.

769. Ignorance or recklessness of some of the most common things often endanger life. Dr. Robert Macnish, of literary fame, acknowledges that at four different times he unnecessarily imperiled his health. At fifteen he induced a dangerous brain fever by injudicious habits of study; at nineteen by excessive efforts in wrestling and jumping, —violent peritonitis was the result. After that he had an attack of inflammation of the lungs as a result of "dissecting" at an open window, in midwinter, for several hours; and last, a dreadful fever from dancing all night and going out into the winter air without any cloak or overcoat, getting thoroughly chilled before reaching home.

770. Half of all unvaccinated persons who are attacked with small-pox, die.

771. The infant should be vaccinated within a month of birth, and if repeated at fourteen, and two good marks are left, it is an almost certain and perfect preventive of small-pox.

772. If the moral education of the child does not keep pace with the intellectual, he is sure to become a dangerous, bad man.

773. Dr. Combe considered "the preservation of mental and bodily health a moral duty," and he might have added, a duty which would always bring with it a rich reward of real enjoyment of life.

774. Farmers do not live as long as philosophers, because they have too little brain work, too much *body work,* and pay too little attention to the laws

of health and life; there is not enough variety in their pursuits; not enough of thought-compelling subjects to cause that activity and energy of circulation which is essential to health. A man, to be well, must exercise the whole body, and the brain is a part of it; and the latter will, just as certainly as the former, become the subject of disease, unless its powers are brought into requisition,—earnest, active, and frequent.

775. Within the last two hundred years, the observation of physicians on the causes of disease, the dissemination of information as to the best method of removing these causes and spreading the knowledge of the laws of health and life, have resulted in doubling the average of human existence. The truth is, the nobility of the medical profession has never been appreciated except by the well-informed few.

776. Let beautiful flowers be everywhere and at all seasons on the mantel of the sick, on the window-sill of the rich, on the tea-table, the breakfast-table, the dinner-table; the very sight of them enlivens, elevates, purifies.

777. It is not uncommon for old people to fall down-stairs and become crippled for life, or fatally injured. Sir Charles Lyell died from an accident of this kind, as did also an eminent American bishop. Most of these mishaps take place in the darkness; the rule should be at all times to first take hold of the banisters or railing with a firm grip, before a step is taken; then, in making the first step, strike the heel against the edge of the step, or "riser," and let the foot fall perpendicularly; this insures that it shall not fall on the edge of

the step; in addition, when nearing the bottom, push the foot out on the stair, to see if it comes to an edge; if so, you are not down; if not, you are on the level floor. It is better to begin these precautions early in life, than by the neglect of them to break your invaluable neck.

778. Rest, quiet, and warmth, are the idolatries of the old.

779. The moral, mental, and physical character of a man is largely influenced by what he habitually eats and drinks.

780. The condition of the mind notably affects the character of the bodily secretions; cheeriness increases and improves; depression decreases and degenerates.

781. A light heart insures a good digestion.

782. The slowest worker does the thing the best, and with the least labour at the end of a lifetime; for his energies being husbanded last the longer, and he outlives the hasty folk.

783. Work in time, and live healthily and long; rest in eternity, and live for ever.

784. If you want to live long and happy, be busy in that which is remunerative, useful, and good.

785. The best sleeper is the "best man" for hard work, whether of head or hand.

786. The man who spends his energies deliberately, has the most inexhaustible bank to draw upon, and will draw the longest.

787. The unappreciated living often become the glorified dead, when, alas! the tardy honours can do them no good; the loudest pæans never reach the ear of death; in life, the faintest smile, the

lowest whisper, the shortest word of encouragement would have lighted and lifted up an almost breaking heart when disappointed, and baffled, and weighed down by crushing burdens to the very borders of despair, without appreciation, without sympathy the world over, they worked wearily on. Such were Fulton, and Morse, and Goodyear, and Howe, whose fame is now world wide.

788. Many think they are ridding the sick-room of noisome odours by introducing a stronger one, as the burning of sugar on red-hot coals, which really but adds to the impurity of the air; the only perfect, and the speediest remedy is, to open the windows and doors to create a draught which shall carry the bad air out of the house, and let it go skyward.

789. The first dollar saved by a child is the first foundation-stone laid towards a successful life, financially, for the ambition grows upon him; he spends the smaller sum that it may bring in the larger; hence, he never bets, never associates with spendthrift companions, and only buys what will "show for itself."

790. Observant farmers know that a cow will lose half the percentage of cream if she is milked soon after being beaten, or worried by the dogs, or in any other way kept in a state of unpleasant excitement. Even milk-maids have noticed that when they laugh and joke while milking, and are full of their fun generally, the animals give down their milk in larger quantities, and with richer cream. A mother was suddenly and greatly excited, but becoming quieter, she nursed her child, which in a few moments fell into a fit. Let the generous husband

make a manly note of this, and act accordingly towards the wife of his bosom during all her nursing days; treating her with the highest possible respect, tenderness, and courtesy. Be a lover once more; say pleasant things; do pleasant things; arrange pleasant surroundings; devise pleasant surprises, and so manage that there shall be always around her an atmosphere of peace and love and elevation. On reflection, if this were made perpetual, a very large percentage of happiness would be added to domestic life, and the children would be more certain to grow up healthy, hearty, and happy, refined in manners, manly in conduct, and irreproachable in character.

791. In a public speech at Manchester, the British Premier, Disraeli, said: "Public attention should be concentrated on sanitary legislation;" when, in addition to that, the individual shall consider it his duty and his study to keep well, the average of life will be largely increased, and the enjoyment of the people will be greatly enhanced.

792. It would not be amiss to have a more general acquaintance with the use of barometers; the lower they fall, the heavier and more impure is the atmosphere; hence many diseases increase in gravity towards sun-down, when the atmosphere is heavier, not only by reason of its dampness, but by incidental impurities which the cooler air condenses on the surface.

793. "Aim high" is a good motto for the young, but it is at least questionable whether it is well to be so often directing the attention of youth in public addresses to the possibility that any one of them may become a governor, an all-conquering general,

or president of the United States, when it is impossible for more than one in a million to be seated in the chair of the great Washington. It would be wiser to direct attention to more moderate and more certainly attainable objects, by less desperate and less frantic efforts, with the result that life would be less feverish, less frequently a disastrous failure, and more often a creditable success, and withal, of longer duration.

794. A good heart, good nature, and good health, are the peerless three.

795. Sedulously guard against getting into the rut of one subject, of dwelling upon one idea, for several great scholars have become insane who have made the prophecies their study, and many a mind has been wrecked in endeavouring to devise perpetual motion.

796. We build our houses with spacious doors and wide windows; but we shut out the delicious air by closing the doors, and exclude the cheering light and the glorious sunshine by inner shutters and two or three layers of curtains.

797. We would be all healthier if our chambers contained nothing but a chair, a table, a bed, and a strip of woollen carpet at its side, for curtains and furniture gather dust and dampness, and harbour poisonous emanations.

798. The out-door sunshine gives us health, not only for the pure air we breathe, but the sunlight itself contains certain elements which impart life and strength, and health to the blood.

799. There are very many who are quite indifferent as to the condition of the inner garments as long as the outside is unexceptionable.

800. That family is saved whose father spends his evenings at home to entertain and amuse his wife and children.

801. One of the best ways of cultivating self-respect and commanding the respect of others, is to dress with a faultless taste; meaning thereby a scrupulous cleanliness and fittingness, even if in calico or homespun.

802. People, like plants, grow pale and puny if the sun is shut out. Good health is the sunshine of the body; a cheery disposition is the sunshine of the soul.

803. Washington Alston, the distinguished artist, stepped abruptly from a door which he was about entering to attend a party, turned suddenly round and went home, because he remembered having a hole in one of his stockings.

804. The young man who makes a gain by deception, will cheat and steal later on, when he is sure of not being found out.

805. The married man who takes his hat and passes into the street with his cigar in his mouth after supper or late dinner, to be absent until bed-time, voluntarily sacrifices privileges and blessings which are among the greatest and most happifying in life.

806. There is perhaps no quality which has a more pervading influence in giving colour to the whole character, than the strictest truthfulness, for it is the foundation-stone of honesty and an all-pervading integrity.

807. There is doubtless a remedy for every disease in the rich stores of nature, which will be *discovered in time.*

808. There is perhaps not a plant that grows which does not have the power either to cure disease, to nourish the system, to meet the tastes, or supply some want to man; for the beneficence of the Omniscience is all-pervading.

809. Disease is a blessing, for it is nature's effort to preserve the body,—her method of throwing poisons out of the system; and whatever of discomfort there is in it, is to call a rational attention to it, and invite our co-operation with nature to promote the process of cure.

810. He will be the most successful physician who first discovers what nature is attempting to do, and is most skilful in his devices for promptly and efficiently aiding her.

811. The first gallon of sweet cider bought for family use is the first step taken towards making a drunken household; for before the gallon is gone there is a looking for it, and another is purchased; but every day it gets more and more sour, stronger, more and more alcoholic, and before one knows it it is felt to be a need; soon hard cider is in daily use, and when the cider season is over a necessity is felt for a substitute; then the way is steadily downwards to a drunkard's grave.

812. The man who has a hobby which gives a pleasurable mental occupation in the leisure hours of harder work, not only has a spring of daily satisfaction, but by daily withdrawing from the pressing cares of business, he changes the current of his thoughts and prevents his whole existence from becoming an automatic routine to dwarf his intellect, and wear out his body prematurely; besides, mental power is gained by the digression, and his

thoughts are clearer and stronger for the work before him.

813. Men may not make any remark about the dress of their wives, and may even affect to know nothing about it, yet they notice instantly the slightest deviation from taste or tidiness, and for a woman to appear at the breakfast table with the least appearance of negligence in her toilet is to court estrangement and disrespect.

814. "Perspiration" refers the mind to that condition which exhibits drops of water on the skin, but there is an invisible, called "insensible" perspiration, by which water is carried from the body in the shape of invisible vapour; the office of this perspiration is to keep the temperature of the system at one uniform standard in all latitudes and in all seasons of the year; answering, however, another purpose, not less essential, of carrying out of the body those waste and useless matters which, if permitted to remain in it even for a few hours, would poison the whole blood and destroy life in a day; these vapours come out through the pores of the skin, so small that half a pea would cover a million of them; cold closes these pores, which is called "checking perspiration;" hence the danger of damp clothing, damp rooms, or exposure to raw, cold winds.

815. The essence of all disease is the want of some element to be supplied to the system or to be eliminated from it.

816. "Cold water cure" is not an appropriate phrase, for warm water is more widely applicable for the removal of pain and sickness than cold.

817. It is damp air which kills, not the cold air and still atmosphere even of zero.

818. Scientific investigation is constantly adding to the stores of remedies for the cure of disease. At the same time the steadily increasing average of human life from twenty to forty years within the last three centuries, is more the result of an increasing knowledge of the causes of sickness, and the methods of counteracting them.

819. Ventilation is a good thing, yet many persons are ventilation mad.

820. To enter a public vehicle when heated by a previous walk, and to open a window because the air feels close, is to invite death.

821. It is less dangerous to faint in an impure warm air, than to risk an attack of inflammation of the lungs by a draught of cold pure air.

822. More sudden deaths in winter, especially among the old, result from pneumonia or inflammation of the lungs, than from almost any other malady, usually proving fatal within a week, and even in recoveries leaving effects of very great liability to all lung affections for the remainder of life. The cause of this dangerous disease in almost every case is chilliness, from whatever means, but most from exposure to raw, damp air and cold winds; emerging from heated rooms into the colder out-door air without the precaution of bundling up, keeping the mouth closed, and moving briskly for the first few moments so as to keep the blood in active circulation, and thus prevent chilliness.

823. Whatever causes a chill, can cause inflammation of the lungs, which never comes on without a chill.

824. The structure of the lungs is exceedingly delicate, and they are very sensitive to cold. They

are composed of six hundred millions of air cells or bladders, which if cut open and spread on a wall would cover six feet square, and being at a temperature of ninety-eight degrees all the time, it is no wonder that a sudden exposure of so large a surface to an out-door dampness when it is "freezing cold" at thirty-two degrees, has such an injurious effect on the health; try a piece of ice, even three inches square, on the less delicate skin and notice the shock to the system.

825. A damp wind, with the thermometer at forty, is more injurious to the health than a still, dry air below zero, because it carries the heat away from the body with greater rapidity.

826. The scrapings of the walls of dwellings, especially of sleeping rooms, are sold at a premium in some eastern countries and used as valuable fertilizers. This is because the odours and gases condense upon the walls and harden, and these accretions, going on for years, form a concentrated material which greatly enriches the soil.

827. However warm the weather may be in the early spring, it is never safe to lay aside a single article of winter clothing; for however warm at noon, the air of sunrise and sunset is always raw, damp, and sepulchral.

828. Under ordinary circumstances the kidneys send out of the body two ounces of water every hour, and the skin, by perspiration, one ounce, averaging about four pints of fluid every twenty-four hours.

829. The skin and the kidneys supplement each other—work into each other's hands; if the pores of the skin are closed by the application of cold in any way, less water is discharged in that direction

and more by the kidneys; if the pores are made to open more widely by warmth or exercise, the water comes out so freely that we can see it, and we call it "sweat;" then the kidneys throw off less; hence, in summer there is less urination than in winter, and it is more highly coloured, because more condensed, the more watery particles having been evaporated; so, also, in fevers. In winter, the urine is clearer, more limpid, more free, more frequently passed, because less water goes out of the skin.

830. In the course of years it is found that certain wards in hospitals for particular diseases become so infected, that persons who are put in rooms faultlessly clean are pretty sure to die. These facts should suggest that public buildings, especially churches, should have all the doors and windows opened as soon as the people have left the building, so that all impure matter may escape. If allowed to condense they are rewarmed at the next meeting.

831. From November to May, bed-chambers should be aired at noon only, certainly not later in the day.

832. Novel reading is the alcohol of the brain, and can, at times, be indulged in safely and to advantage in adult life, for there are occasions of depression in all, of discouragement; times when the mind is racked with apprehension, with perplexity, when no amount of thought or planning can avail, as on Sundays, or on shipboard, or after coming home from the business of the day; under such circumstances, to plunge into a diverting or an exciting novel brings into activity altogether different departments of the brain, draws the excess of blood away from those which have been so exercised

as to have lost their natural balance and have become exhausted; by this diversion, they are rested, recuperated, gather their old power, and then can go back and work upon the old subject with the old time energy and effect.

833. Milk and water people, the smirky folk; those agreeable stupidities who assent to everything you do or say, who never did or could do anything but smile and nod to every assertion, of what account are they? They have no cream or kernel in them—nothing substantial.

834. The chilly evenings of autumn often excite into disease the malarial influences with which the system was impregnated at the seaside, the springs, and farmhouses; hence, persons often get sick soon after coming home from their summer excursions, who would not, if they had remained at home, or if they had kindled fires in the house earlier.

835. The beer drinker has a worse appetite, loses his sight earlier, has less power of recovering from bodily injuries, and dies earlier than he who drinks nothing stronger than water, tea, and coffee.

836. Several forms of gouty pains, the suffering from concretions about the toe and finger joints, and rheumatic agonies, are often promptly and gratefully relieved, as well as very many other pains, thus: rinse woollen flannels in water as hot as can be borne, wring out, fold up in four or five thicknesses and lay on the suffering spot; as soon as possible cover over with a dry folded flannel larger than the damp one, cover all with a piece of oiled silk to keep in the steam and preserve the heat as long as possible; renew every five or ten minutes, according to the intensity of the pain. There should be two or three

sets of flannels, so as to have a hot one on the painful spot all the time, without a moment's intermission.

837. If a man is tired, worn out at night, his whole body is weak, every muscle of it; the stomach, which is a combination of muscles, has its share of the debility; the entire man yearns for rest; to require him to begin another day's work at once would be an absurdity; and yet many do not hesitate to eat a hearty supper when greatly wearied, and then lie down to sleep, while the stomach, before it can possibly rest, must work five hours incessantly, in order to digest the supper and pass it out of itself. If it did not thus work, the man would die, before the morning, with convulsions or cramp colic.

838. The best time to bathe is in the morning on rising, for the vigorous; for all others, about three hours after breakfast.

839. The first step towards making a man of your son, is to train him to earn what he spends; the next best step is to teach him how to save his earnings.

840. There is a latent feeling in almost every man's mind, that those who have lived before us knew a great deal less than we do; this is especially the case with the young in their teens. Said a youth on a visit to the old farmhouse during vacation, "Father, do you know there are three birds on the dish?" "No, my son. How do you make that out?" Pointing to them, "That is one, and that is two, and everybody knows that one and two make three." "Waiter," said the old man, "take this bird to your mistress, and bring the

other to me, my son can have the third one." Making glass was long supposed to be a modern discovery, but it has been found in the excavations at Herculaneum and Pompeii, where it has lain buried for two thousand years. The calculations of the ancient Egyptians in reference to the times of the planets were as accurate as ours. To this very day we send to the land of Tubal Cain, to Damascus, for steel to make the main springs for our finest chronometers, and the oil and wine for the sick of three thousand years ago have never been improved upon as medicinal agents in various ailments.

841. Of two persons taking exercise for the health, one walking five miles to a post and then walking back again, another receiving an encouraging remuneration for the same, the latter would derive many-fold more benefit.

842. Sometimes the very men who during their earthly pilgrimage were working out the greater problems of the ages, were bedaubed by the scurrility of their cotemporaries, and thought fanatical if not insane, but their biographies after death have made them out the world's benefactors.

843. A man can speak more efficiently when he is full of his subject than when he is full of himself.

844. Dyspepsia is almost always caused by eating between meals.

845. It is a bad practice to get into the habit of having the feet resting on something artificially warmed; it weakens the circulation, and nature seems to look for it more and more; true natural warmth always comes from within.

846. It is said that the tiniest quantity of musk

will fill the room with its odour for many months; and so the impression which a lovely character leaves on the mind and memory lasts for a life-time, but "the memory of the wicked shall rot."

847. It is not one of the least beneficences of our Creator that the cloudy days of youth are lost in its gladsome sunshine, so that when we look back upon it, the whole mind is filled with pleasant memories.

848. When writing to the old folks at home, fill your sheet to the bottom line on every side. Tell about little things, just as you would if you were to pay them a visit; tell all the news which has reference to yourself or your family, of your plans and purposes, and the pleasant things your children say about them. Do not spare expressions of gratitude for all their care of you when you were growing up. Every now and then contrive to send them some little token of remembrance, and if possible, by some of your neighbours rather than by post or express; this will give them opportunities of hearing of you, making inquiries, and of learning the favourable opinions of you in the community. It is particularly gratifying to a parent's heart to know you are well thought of, and that you are doing well and growing up in influence. Things like these will be delicious food to feed upon, and will give them many a happy hour in thinking and talking about them to one another, when life outside has lost its glitter, and hopes have faded, and the friends of their youth are dead or gone away.

849. A physician once advised a poor patient to "take a walk on an empty stomach;" "On

whose stomach?" feebly inquired the invalid. No one ought to exercise while very hungry, because hunger and debility are inseparably connected, and if on a full stomach still greater injury results to man and beast; both brute and bird rest or doze after a full meal.

850. Said my father one day to his overseer, an honest, hard-working Dutchman, "Well, Uncle Henry, when you speak to a man on the road and he does not answer back, what do you do?" "Oh, I zhust goes along, and tinks about somepin else." That is a true philosophy, and perhaps these are the only words of all the millions those men spoke in a lifetime of threescore years and ten which were ever put in print. How little did they imagine that their casual remarks would provoke a pleasant smile on many a face long after they were dead and gone.

851. Visit your parents. Never allow weather or want of time or considerations of expense or convenience to prevent it, short and often if in the same town, or if at a distance, make it a point now and then to go back to the old home, and talk about old times, and tell them how you are doing. They are old now, and are very much alone. There are no young people about the house to attract others, and most of those of their own age have passed away; they need some break in the loneliness of their homes, every visit of a child is pure happiness, and when the message comes, "They are dead," your first regret will be that you had not done more to make them happy, and to smooth their pathway to their last resting-place.

852. To observant people, the dress sets off the

character quite as much as the body; it should fit the character as well as the person.

853. An unintentional deception is not a lie.

854. Whatever is intended to deceive is a falsehood—a lie.

855. It does not require a word to make a lie, it is the intention which constitutes the meanness of the crime. "What are you doing, my child?" "I am trying, grandma, to steal papa's hat out of the room without the gentleman seeing it; papa wants him to think he is out." The parent, in this case, was the liar, and he was training his son in his footsteps.

856. That dress is most perfect which is adapted to the season, the calling, the age and condition of the wearer.

857. A judicious application of cold or warm water will alleviate, arrest, or cure more of pain or sickness than any score of medicines ever known.

858. Cottle, Coleridge, and Wordsworth took a drive; the first unharnessed the horse from the vehicle after great difficulty, but neither he nor the poet could get the collar from the neck. The everlasting talker was called; he declared it was a "downright impossibility," and that the horse's head must have grown since the collar was put on. "La, master!" said the maid, "turn the collar upside down." Newton's mind was said to have been disturbed by a large hole having been cut in the door to let the cat in, and not a small one for the kitten; so little do great minds, sometimes, interest themselves in the small affairs of life, and yet it is the little things which most annoy or most add to its pleasures.

859. As it is the warmth generated from within us which makes us comfortable, so it is from what is within that we are made happy, not from that without.

860. A cool head, warm feet, and daily defecation are the great safeguards against sickness, and there is no health without them.

861. No snow-flake ever reaches the surface of the earth without gathering some tarnish from the air through which it has fallen; so the purest characters are soiled in their contact with the world.

862. Spring fevers and other spring diseases do not result from impurities accumulated during the winter, but from too hearty eating, from the use of tonics, from too early changes in clothing, and a premature putting out of fires.

863. Any one is liable to be placed under circumstances in which a pin or a string may be worth dollars; or the knowledge of an exact weight or measure may be an exceeding gratification; thus, four copper cents, side by side, measure three inches; a five cent silver piece is the exact size of a three dollar gold coin, and laid side by side fifty of them make a French meter or 39 1-3 inches, while the weight of three coins is just half an ounce, a single letter rate; a silver dime weighs 2 1-2 grammes, a silver half dollar 12 1-2, the two 15 grammes, and 453 1-2 grammes make one pound; fifteen grains are about one gramme, or half an ounce; a knot is 1 1-7 miles.

864. One of the cheapest and most efficient chest protectors, when unexpectedly exposed to cold, raw winds, is a folded newspaper inside the vest.

865. That man who has resources within himself to entertain, amuse, or otherwise agreeably occupy his mind, is happier and richer than a Crœsus who is miserable without company.

866. The height of a tree or house is ascertained by sun or moonshine thus: measure your own shadow, then the shadow of the object, and, knowing your own height in inches, divide the object shadow by yours, multiply by your inches and divide by twelve, which gives the feet.

867. "What is 'false witness,' my daughter?" "It's when nobody did anything and somebody went and told it." This is slander, which often wrenches the heart with agony and sometimes kills.

868. A far greater courage is it to silently endure a groundless defamation, than to march up to the cannon's mouth.

869. It is many times better and easier to live down a slander than to contradict or demand an investigation, for that means its communication to a still larger number.

870. There is not food enough in London at any time to feed its four millions of population but a few days. If an enemy were to land and cut its northern and western railroad, it would be starved into submission in less than a fortnight. Such are the dependences of all human things.

871. A sense of the ridiculous, coming unexpectedly, is sometimes equal to a medicine, by the stimulating influences of a hearty laugh. "Go away from the stove, my child, the weather is not cold." "I'm not heating the weather, father, only my hands."

872. Educate your children from the age of [illegible]

years, or even earlier, to eat plain, nourishing food, instead of pies, pastries, and puddings; and to eat at the regular meals and at no other time, instead of nibbling at everything their eyes fall upon; not that the articles named are unhealthy when well made, but the habit of eating them may not be easily broken up, and because there are so many circumstances into which we may be thrown wherein it may be impossible to procure them, and the want of them may cause considerable inconvenience and discomfort, not only to ourselves but to others.

873. Man is an adaptable animal, intended to live, and thrive, and flourish in all latitudes and in all climes, and to be surrounded with a great variety of changing circumstances, and he can live healthfully and long under the equator or at the poles, if he will only conduct himself in wise accordance with his surroundings.

874. Appetite is a seeking for, a taking to; and whatever healthfully nourishes and healthfully satisfies the thirst, that is good to eat and good to drink, for He that has made us has "given us all things richly to enjoy."

875. If food is taken into the stomach in pea-sized pieces, it is reasonably well digested if not chewed at all, but much more so if leisurely chewed.

876. Corpulency is a disease arising from the circumstance that certain portions of nutriment received into the system have not been appropriated to its nourishment, hence are stored up as if for future use, and to that extent impedes locomotion, shortens the breath, incapacitates for exercise, and *hastens* the close of life always.

877. The liver, weighing about four pounds, and situated at the lower edge of the ribs on the right side, is the great wheel of life's machine; it regulates the whole mechanism of man; when it "acts," that is, works well, then every other wheel, gland, and factory in the system works well, and there is general good health; if it does not work well, which means its becoming torpid, the whole system begins to get out of order, the head aches, there is a bad taste in the mouth of mornings, food does not taste good, there is a poor appetite, the feet are cold, the bowels constipated, the whole body is chilly, and the least thing in the world gives a cold, while there is a miserable feeling all over. Some, but not all of these symptoms are present when the liver is torpid; to say nothing of the mental condition, which is fretful, peevish, complaining, and depressed. The remedy for this state of affairs is daily riding on a trotting horse, or steady exercise or work in the open air for several hours every day, to the extent of causing gentle perspiration.

878. Biliousness is the result of the bile not being withdrawn from the blood by the healthful action of the liver. The effect is that the skin or eyes get a yellow tinge, which is the colour of the bile, or there is loss of appetite, low spirits, and other discomforts. This bile is composed mainly of those portions of the body, which, having subserved their purpose, have now become waste material to be removed from the system, being no further needed. This bile is passed out of the liver into the alimentary canal just below the stomach, giving the dejections the familiar yellow colour, and causing that daily action of the bowels, without

which there can be no good health for forty-eight hours. In this is seen the wonderful wisdom and economy of the great Maker of our frames. This very waste matter, called bile, in its way out of the system, is made to promote that peculiar motion of the intestines which prevents constipation, which may be generally obviated by steady exercise or labour in the open air, or by the free use of fruits and berries, in conjunction with coarse bread, wheaten gruels, or oatmeal porridge.

879. Indiscriminate daily cold water bathing is the fanaticism of ignorance.

880. No one, sick or well, young or old, should be waked up out of a sound sleep—it is an outrage against nature—unless the house is on fire.

881. The most famous authors have never been able to write more than four or five hours every day.

882. All living things are blessings in their places, have indispensable uses, and what the uses are, we are gradually finding out. The common house fly is considered a pest, and it has been noticed that they are most numerous where there is most sickness and most filth; then it follows that where there are most flies, there are the most elements of disease. The fly is constantly sliding its legs over its wings and body, and bringing them to its mouth, gathering its food in the shape of innumerable insects, which pounce upon it from the air and bite it; thus the fly is made to work, to earn its living. These minute insects are taken in to the lungs at each breath, and poison the blood. The fly, then, is a valuable scavenger, making the air more fit to breathe every instant. The fly and the worm feed

the bird, which eats its weight of worms in a day, and the bird feeds man, who is destined to immortality; and thus it is that all created things have their uses: the fly fattens on the microscopic insect which poisons the air; the tiniest birds feed upon the fly which had consumed the insect, and man feeds upon the bird; the fly purifies the air we breathe and the bird feeds upon the worms which destroy the crops which are to give us bread.

883. Never war against the instincts of unresisting childhood,—it is a barbarism.

884. To eat wisely, we must adapt our food to our age, to the various occupations and callings of life, and to the temperaments of the system.

885. Never go to bed at night until everything is put to rights, and the clothing on a chair near the bedside, so that in case of alarm or hurry it may be found mechanically and nothing overturned. For want of this a man was waked up suddenly, and stooping down to find something, his eye was scooped out by coming in contact with the sharp point in the back of a chair. It is said that Whitefield could not compose himself to sleep until his riding-whip and gloves were in their accustomed place.

886. What cures a man of one ailment may kill another suffering from the same disease, owing to the difference in stage, duration, and aggravation, and the strength of the constitution; and yet there are multitudes who unhesitatingly and blindly take a medicine because it seemed to have cured a disease in another person.

887. "Uncle Sam is rich enough to give us all a farm;" and if, in his affection, he were to place a

beautiful cottage on each, and fence and stock it, there would, in all probability, be quite as great a difference in the condition of individuals at the end of fifty years as now; and perhaps a greater, for it is the men who have been compelled to industries who have brought the world to its present high civilization, for man is naturally a lazy animal, and only works from compulsion.

888. Alcoholic drinks have no power to prevent any disease, but they have the power to cause many.

889. As to children, persuade rather than punish; convince rather than correct; bear rather than beat, and never take advantage of their unresisting helplessness, "For of such is the kingdom of heaven."

890. The constitution, like a new garment, lasts the longer by being taken good care of.

891. Seven thousand persons died last year, in Philadelphia, from avoidable diseases, and as each death involves an average of twenty-eight days' sickness, there was a clear loss of five hundred and sixty years of labour of one man unnecessarily.

892. Counting five fingers on one hand, may aid in enumerating as many practical items of prime importance in reference to the preservation of the health: 1. Eat regularly. 2. Keep the feet warm. 3. Get the utmost amount of sleep. 4. Have one daily action of the bowels. 5. Spend one or two hours out of every twenty-four in cheery out-door activities.

893. Night is the time for rest of body and brain, both for the student and labourer; and they who sleep most and best will have "the most to show for it" at the "counting up" of life's work.

894. In connection with the transactions of men,

debt has engendered more bitterness, ruptured more friendships, ruined more estates, blasted more reputations, and planted thorns in more human pillows, than all other causes of human sorrow combined.

895. Each death involves an average of twenty-eight days of sickness; that is, for every person dying twenty-eight persons are sick one day.

896. In doing things, sometimes, we feel conscious of running a risk of injury, knowing in fact that harm has been suffered heretofore in that very way; but then there is a kind of hopefulness comes over us that somehow or other we shall escape this time, and thus we recklessly imperil health, comfort, and happiness on a "may be it won't hurt us this time," and yet it oftener does hurt. We do suffer and sometimes die from a deliberate imprudence, acting against our own better judgment. One of our richest bankers, who had expended a million of money on his country seat, started, after a late dinner, to walk for exercise from his Fifth Avenue mansion to the opera; very unexpectedly there was a slight shower, so slight that he thought it would not dampen his clothing hurtfully; he sat out the music, returned home, had a chill, and died of inflammation of the lungs—pneumonia—in four days.

897. Our first care in life should be to lay up money to meet our own wants without a peradventure, this insures a manly independence; the next should be the higher and nobler aim to work on and apply a portion of our surplus towards helping others to help themselves and for the care of the disabled, the sick, and the unfortunate.

898. Yielding to self-indulgence corrupts both manners and morals.

898*. Stammering is much like the tremor of a locomotive at rest, while the fires are fiercely burning; it fairly shivers for need of the outlet of the steam. The stammerer is so full of nervous energy and the efforts to put it forth at the end of the tongue, that this energy crowds the conducting capacity of the nerves, and they cannot work; all that has to be done to rectify the malady completely in one minute's time is to make an outlet to the nerve steam in more directions than one. No man stammers in singing, because part of the attention is directed toward the music and part to the words and their meaning, and to the notes. A man who commits a speech to memory never stutters in its delivery, because part of the nervous force is directed to remembering the words. A man who counts or speaks by beating time, or will tap anything with his finger at each syllable, has no impediment in his speech. So all that the worst stammerer has to do is to study and practise deliberation in utterance.

899. The brain is clearest for study in the morning; but they will study the longest and best and with the least fatigue who take a very light breakfast before commencing their brain work.

900. Legitimate money-making by any congenial employment which is encouragingly remunerative is a most efficient medicine: it enlivens the spirits, invigorates the circulation, and wakes up the whole man to a new energy, adding a lease to life of at least ten per cent.

901. The tiny bacteriæ, a thousand millions of

which would not make a bulk equal to a grain of sand, produce yeast if put into an alcoholic ferment, but if introduced into vinegar, grow into elongated forms and develope into the mushroom and other shapes, each form causing a particular disease: the spiral associated with relapsing fever; the dumb-bell with putrefactive maladies and malignant pustules; the united-headed or chain-shaped ever present in carbuncle, cholera, diarrhœa, and the like. So the human character and constitution are shaped by the surroundings of young life; if these are a pure atmosphere and a busy life, there will follow health, vigour, and success; but if the child be enveloped in filth, with the belongings of idle and vicious associates, he grows up into a deformity, moral, mental, and physical.

902. We may be sure that nothing was created in vain. Scarce a day passes that human research does not develope uses for things which were never before dreamed of. Boracic acid thrown over grass destroys it promptly and permanently, and kills, instantly, millions of microscopic animalcules. One part of a ten per cent. solution of it will keep eight times as much milk sweet for a week; lint steeped in a hot, saturated solution of it prevents putrefactive discharges in sores, wounds, and amputations. Everywhere around us do we find that many things can be adapted to many uses, and all for man's benefit, by the beneficence of the Omnipotent One.

903. Once get a child to save money from principle, for legitimate purposes, and he is safe for all time, for you thereby teach him the lesson of economy and self-denial, which are at the foundation of success and fortune.

904. It would do the living world more good to give the dead an honest kick for their misdeeds than to pass them over in silence. On the other hand, the praising of the living while they are struggling for the accomplishment of great ends would many a time be an inspiration to them, and would bear them onward with redoubled speed to triumphant success.

905. To give a child or any one else more for doing a thing than it is fairly worth, is to offer a premium for habits of extortion, extravagance, and ultimate beggary.

906. It is enough to give a man forty fits to attend an examination at a public school, there is such a melancholy sternness in the manner of proposing the simplest questions. "Who made the world in seven days?" asked a teacher with grim death marked on every lineament, and a poor little girl blubbered out, "I did, sir; but I wont do it any more."

907. One of the most pressing wants of the American people is family amusement, family enjoyment, family pastimes, as a means of making home more inviting than the opera, the club-house, and the street, to wife, husband, and children.

908. The quick step and cheerful tone of the physician who has the confidence of his patient does more good than his medicines in many cases.

909. The unspeakable sadness of the consumptive's face often kills him before his time.

910. Seldom a day passes that we do not hear of some man who has committed suicide on account of pecuniary reverses, and by so doing a wife and children are left, in all their helplessness, to bear

burdens which the head of the family could not any longer live under. Whatever may be life's calamities, never give up; have the moral courage still to do and dare. "Rich at forty or never," is silly in its absurdity. The martyred Lincoln failed at everything, and never had a home of his own, and that a very humble wooden structure, until he was past forty; the greatest soldier of the age had met with disaster at every turn in life, and at forty hauled wood to town at forty dollars a month, and to-day a world does him honour. One night a man was hooted down in the British Parliament for the impertinent absurdity of his attempting to address them, and to-day he is England's prime minister, as honoured as he is capable. Let the struggling, then, hope on, for, as Bulwer has said, there awaits "a profound and excellent satisfaction for the man who can look back on past struggles, and feel that he has not lived in vain," and has succeeded at last.

911. Cheerfulness is not an American characteristic; a sad thoughtfulness in the expression of the countenance is almost universal.

912. There are some persons who are kind and forbearing, who are light and cheerful and good-natured in a state of poverty which leans on the toil of to-day for to-night's supper and the morning's breakfast; they would exhibit the same qualities, whether living in a palace or sitting upon a throne.

913. No case is remembered where persons have returned to life, after they were believed to have been dead, that the testimony has not been given to the effect that in the very act of departure

the last-remembered sensations were not merely pleasurable but exquisite. A titled lady exclaimed, "Why did you bring me back to earth." A drowned man passed away with strains of the most delightful music striking upon his ears. The man cut down from the gallows had a vision of entering Paradise, surrounded with all its glories. And now a lady, struck dead by lightning, as was supposed, says, "I feel quite sure that death from lightning must be absolutely painless, for I had a feeling of gently dying away into darkness." Surely we do ourselves a great wrong, and the Merciful One who made death, also, to cherish the idea that it is "dreadful,"—for a correct and substantiated physiology has demonstrated that in the hour and article of death from disease, for several minutes and sometimes for hours before departure, the feeling of pain is an absolute impossibility; there may be an appearance of it, but it is a manifest, unfelt muscular disturbance.

HEALTH'S THREE ESSENTIALS.

914. All who are now in health can keep well, and three out of four of those suffering from the common transient ailments of life can be perfectly cured by giving a steady, judicious attention to the three following rules: *Rule first.* Never eat between meals, nor take anything for supper but a single piece of cold bread and butter, and a glass of water, or one cup of any kind of hot drink. *Rule second.* Secure one regular, free, and full daily action of the bowels every morning after breakfast, by the use of your ordinary food. To this end, do

not leave your home until there is an inclination to stool, then, as you value a long and healthful life, do not defer the call for anything short of a fire or a fit; rather cherish the inclination. If it does not come within half an hour of the regular time, solicit nature. If unsuccessful, do not eat anything until next morning unless a passage is secured. Meanwhile, drink as much cold water, or hot tea, as you desire, and keep exercising (tenfold better if in the open air), to the extent of sustaining a scarcely perceptible perspiration for the greater part of the day, for if food is steadily passed into the mouth, and there is no corresponding outgo, harm is inevitable. If, during the second day, the bowels do not move, live exclusively on oatmeal porridge and grapes or baked apples, until they do move. *Rule third.* Cool off very slowly after all forms of exercise; the neglect of this lights up the fires of most of the diseases which afflict humanity. Cool off slowly by putting on more clothing than while exercising, instead of laying aside some, even a hat or a bonnet; go to a closed room rather than sit or stand out of doors; sit by a good fire rather than an open window; or keep in motion, so as to allow the perspiration or any extra warmth to disappear very gradually indeed. If a fourth rule were added, it should be to keep one end of the body—the feet—always dry and warm, and the other—the head—cool and clean, by spending two minutes in midwinter, more in midsummer, in washing, with ordinary cold water, the scalp, if the hair is short, the ears, neck, throat, arm-pits, upper part of chest and arms; rub dry briskly, dress quickly, and go to

breakfast. These same observances will incalculably mitigate every disease to which man is subject; will moderate every pain and will soothe every sigh; and a pity is it beyond expression that every person does not know and habitually practise them.

915. The Duke of Wellington never dressed of a morning without putting his head out of the window to determine the temperature and the wind, and dressed accordingly.

916. Twenty-five men out of every hundred thousand in the United States commit suicide; but only three women,—showing that the latter bear trouble more heroically than does the sterner sex.

917. Labour, sufficiently remunerative to afford some daily leisure for reading and study, and for acquiring a practical knowledge of the laws of our being, with temperance and thrift, is the great means of adding to human health and life; but the more important ingredient, happiness, is only to be found in obeying, loving, and serving Him "who giveth us all things richly to enjoy."

918. There is no sorrow so crushing, so overwhelming, so utterly irremediable, as that for the dear dead wife,—the wife of your first love, of your buoyant, hopeful youth, with all its new experiences, its sweet revelations, its early struggles, its mutual aims, its hopes, its labours, and its fruitions. For long years together you worked side by side, hand in hand. She shared your troubles and kissed away half their severity. She doubled your gladness by the pleasure it gave her to see you happy. And when in the lapse of time you had arrived at a position which enabled you to take life easy, and

enjoy it as you had never done before, a heavenly hand takes her from your side and transports her into the paradise of God, where you may not follow her now. You want to tell her how sweetly she died. How her friends gathered around her funeral bier, and in their affection strewed white flowers upon her bosom; how lovingly and long they gazed on the dear familiar face, so beautifully calm in death, a heavenly sweetness so pervading every lineament as to give to it an angel seeming. You want to tell her, too, how the last, long, fond kiss almost broke your heart, and how you wanted to die when they covered her face from your sight for ever. And then as the weary weaks pass on how busy memory brings up the forgotten past with its long array of loving acts, of spontaneous tenderness, of self-abnegations, of sleepless vigilance, of instinctive solicitude; how you would give your life away for one short interview. But it cannot be. She is an angel now, and in her heavenly purity waits in patient affection for the time when it shall be the Master's will to bring you to His feet, and make of you an angel too.

919. Beautifully has it been said of "The Dead Wife:" "In comparison with that loss, all other bereavements are trifles. The wife! She who fills so large a space in the domestic heaven, she who is so busy, so unweary; bitter, bitter is the tear which falls on her clay. You stand beside her grave and think of the past, an amber coloured pathway, where the sun shone upon beautiful flowers, or the stars hung glittering in the sky. No thorns are remembered above that sweet clay save those which your own hand may have unwittingly planted.

Her noble, tender heart lies open to your inmost sight. You think of her as all gentleness, goodness, and purity. But she is dead. The dear head which so often laid upon your bosom now rests on a pillow of clay. The soft hands which ministered so entirely to your every want are folded, white and cold, beneath the gloomy portals. The heart, whose every beat measured an eternity of love, lies still under your very feet. There is no white arm over your shoulder now. No speaking face to look up into the eye of love. No smile to greet you at the nightfall; and the clock ticks and strikes and ticks again; it was sweet music when she could hear it; and you sat at her side; but many a tale it tells now of joys departed, and beautiful words and deeds now registered above. You feel assured that she is in a happier world, and like to imagine that with an angel presence she is often at your side. Cherish these emotions. Let her holy presence be as a charm to keep you from evil. Never forget what she has been to you, and be tender of her memory."

920. The great aim of the mass of mankind is to get money enough ahead to make them "comfortable." But money can never purchase comfort, only the means of it.

921. The one talent for an habitual disposition to look on the bright side of things is worth ten thousand dollars. That old darkey was not less a philosopher than Socrates who exclaimed, with his whole countenance lighted up with a broad grin, "I'll live in hopes, if I die in despair!"

922. No one ought to feel certain of having been cured of anything until some time has elapsed to

enable him to ascertain whether the ailment has only been transferred to some more dangerous part.

923. A man may be "comfortable" without a dollar, only if he has the right disposition, that is, a head and heart in the right place.

924. As the poet says :—

I	I	I	I	If	I'd
Once	Lent	Asked	Lost	I	Keep
Had	My	My	My	Had	My
Money	Money	Money	Money	Money	Money
And	To	Of	And	And	And
A	My	My	My	A	My
Friend	Friend	Friend	Friend	Friend	Friend
On	And	And	For	As	And
Both	Took	Nought	Sue	Once	Play
I	His	But	Him	I	The
Set	Word	Words	I	Had	Fool
Great	There	I	Would	Be	No
Store	For	Got	Not	Fore	More.

925. A very safe sentiment is announced in the Old Testament, "He that hateth suretyship is sure;" and quite as judicious is the injunction in the New, "Owe no man anything."

926. Neuralgia is literally a nerve ache, but as we feel through the nerves, every pain is a neuralgia, and as there is a blood vessel beside every nerve, if it is over-distended with blood, pain is an inevitable result, because the over-distension presses against the nerve, which does not admit the very slightest touch without complaining, as witness that of a nerve of the tooth; hence all pains can be relieved either by diminishing the amount of blood in the body by bleeding, or by drawing it from the complaining part to some other point, as by a mustard-plaster.

927. Give as much as you please, promptly,

generously, and with a cheerful willingness. Do as much as you have a mind to in the way of personal service in aiding others, but never obligate yourself to pay money at a future time by word or bond or the faintest implication. What worries would not this simple rule prevent; what remorses, what humiliations, what heart-tortures, what falsehoods, what meannesses, what awful crimes, even unto perjury and blood.

928. Queen Elizabeth, Shakespeare, Bacon, and Ben Jonson were cotemporaries when human life averaged about twenty years; now it is more than double, in consequence of the investigations of medical men into the laws of health and of life, and the dissemination of the knowledge of them among the people.

929. When in good health it is better to eat according to the tastes and instincts, than by rule, weight, or measure. At the same time it is better to keep in mind some general principles, and prefer coarse breads and fruits and berries and melons, and other cooling and opening food in summer, and those of a warming character in cold weather, such as meats, fats, sugars, oils, and buckwheat cakes.

930. There is only one safe way to attempt saving a drowning person, thus: approach him from behind, clasp him so as to pinion his arms to his side, or hold him at arm's length by the hair of his head.

931. The dull ache arises from too much blood being in the veins, the sharp pain from too much in the arteries.

932. In all departments of business except the medical, a valuable secret is locked up in the breast

of the discoverer, or its monopoly is secured by a patent for the benefit of the individual. If the uses of ether or nitrous oxide or chloroform in surgery had been concealed by the physicians who discovered them, they would have been the richest men on the globe. They told all they knew, and died poor.

933. Many laud a remedy to the skies, it being the last thing they took previous to convalescence, forgetting they might have got well without it. It was in this way that so great a man as Bishop Berkeley became an enthusiast about the virtues of tar water. In the end he wrote a pamphlet recommending it as a valuable remedy in almost every form of disease. But it somehow or other happened, that when the Bishop was attacked with his final illness, there was not a spoonful of tar in "all the region round about," and he died. To-day the most ordinary apothecary would not give a dime for an ocean of tar water as a remedy.

934. We have kept one servant seven years, another twenty, in the same house. Treat them politely, pay them promptly, keep them at a distance, allow no slackness, respect their feelings, and religion, and show them that you have an interest in their welfare.

935. It is more tiresome to stand than to be in motion, because all the muscles are on a strain: but when walking, some are at rest while others are in requisition. The dying always assume a position on the back, because almost every muscle in the body is relaxed; hence there is no expenditure of strength; so, when very tired, that is the best position to assume.

936. The most frequent cause of insanity is ill-health, induced by over-eating, insufficient exercise, intemperance, yielding to trouble and care, and mental anxiety. The almost certain remedies against these being a more general cultivation of out-door activities, a greater attention to some form of stirring business, giving preference to those occupations which are congenial, absorbing, and encouragingly remunerative.

937. No wonder the minister died, as James T. Fields relates; said he to a farmer in a gloomy little town, "Why don't you do something to amuse yourselves of winter nights,—a course of lectures, for example?" "Well now, mister, we tried that some years ago; we got up a course to buy a new hearse; our minister was engaged to deliver a course of six lectures on mummies, but before he got through he died, and we have never tried anything in that way since."

938. Never put pen to paper in a passion.

939. Writing on a bare marble-top has often originated a severe cold or other disturbance of the system.

940. The more you poke a coal-fire the more it won't burn, especially in a railway train, to the great discomfort of many a weary traveller.

941. Never apply a depreciating epithet to a child or servant; it never does any good, but always an unmitigated harm.

942. A patient method and a steady purpose with even a moderate intellect or skill will command ultimate success in almost any department of legitimate business.

943. If the wish and the capability were united in

the same person, they would be directed by most great men to securing an enduring name in the cultivation of letters. Homer is more immortal than Napoleon, Milton than Frederic the Great.

944. Death is not dying, it is merely introducing us into a new mode of existence. Nor does life ever end, for it is immortal ; the grave is but our chrysalis, out of which state we are to come into an incorruptible and an eternal existence.

945. The very best promoter of health-giving cheerfulness is active remunerative employment in the sunshine.

946. A father came home one day from Wall Street a ruined man ; the whole family were in tears, everything would be taken from them. " Why, mother, they can't take away the nice times we've had," said a boy of ten.

947. It is a rare thing for the brain to be overworked.

948. A public speaker or performer should after the service and before riding or walking against a cold, raw wind, take a good warm dinner ; this allows cooling off leisurely, strengthens the body, and invigorates the circulation ; many neglecting this have died of inflammation of the lungs within a week.

949. It is a little thing, yet three out of four habitually practise it from childhood to old age, when making a mistake or blot in writing to smear it out with the finger, making an unsightly blur on the page. Better let it dry, and convert every letter into a cipher, then reading it is impossible.

950. Few die from hard study.

951. The good old John Wesley thought that a

man could not have too many irons in the fire, poker, shovel, and all, there being much work to do and but a little time to do it in.

952. There can be no good health with habitually cold feet.

953. The marring of the beauty of the human face from small-pox is prevented by confinement to a very dark room, or by keeping out the light. This may be effectually done by painting the vesicle with a camel's-hair brush dipped in honey four or five times a day, the last just before retiring at night; this not only excludes the action of the light, but also that of the air, and keeps the parts moist, antagonizing fever, while allowing the escape of foul emanations.

954. From four to twenty, every tooth should be critically examined twice a year, and thereafter once annually, by a competent and conscientious dentist; this will insure their lasting a dozen or more years longer than they otherwise would have done, to say nothing of the advantages of personal comeliness, the promotion of health, and the prevention of dyspepsia by a more perfect mastication of the food, for which good teeth are essential.

955. Very few persons can work or think to advantage longer than four or five hours after eating a regular meal, because too much of the strength has been expended.

956. Natural death is one of the strongest proofs of Divine beneficence,—

> "Death is the gate of endless joy,
> Why should we dread to enter there?"

Suppose it always came without a sickness, without

a warning, like a clap of thunder in the clear sky, in the street, the church, the counting-room, the exchange, the lecture, the opera, the wedding, or the ball, repeated in large towns and cities in almost every hour of every day, why! comparing a single sudden death with this frequency, there would be such a consternation in society, such an uncertainty in business transactions, such an incessant repetition of dreadful shocks to our sensibilities, that every human arm would be paralyzed, business would be abandoned, despair would sit dominant on every brow, and every heart be broken.

957. To be always well is an attainable blessing, —the uniform result of self-denial, temperance, and an industrious life.

958. Warmth is the heaven of threescore years and ten: it gives life to the blood, activity to the circulation, and vigour to the whole frame.

959. As a general rule, it is better to eat a small amount at intervals of four or five hours, than to allow six or eight or more hours' interval, and eat a great deal.

960. Not counting the steps of the feet, the work of the hands, and the motions of the body, but only the motions of the little, busy, busy beating heart, which thumps three thousand million times without a stop during our pilgrimage of threescore years and ten, it propels to the utmost extremity of toe and finger half a million tons of blood, each stroke representing a force of thirteen pounds; and as the food we eat, the water we drink, and the air we breathe supply this power, they should be the purest and the freshest and the best that can be found.

961. No anodyne known to the apothecary ever gives natural, restful, refreshing sleep.

962. If a man wants to sleep more than he does at night, he has only to spend more hours in steady out-door labour during the day.

963. The first duty of the competent teacher is to study the character, the capacity, and the constitution of the pupil, and then begin his literary instruction.

964. A lady whose teeth were white and strong and solid and perfect at threescore, said that the only tooth-powder she used in girlhood was brick dust at long intervals. A distinguished dentist lately wrote that he is frequently astonished to hear persons who have sound teeth and firm gums state with some shamefacedness that they had never used a tooth-brush, but had simply rinsed their teeth well with water after each meal. No animal or vegetable substance can commence fermentive decay in the short interval between the three daily meals ; and then the eating of each successive meal dislodges what may have been left at the last preceding ; but if any is left after supper it will commence becoming acid before breakfast next morning ; hence, the teeth should be most carefully cleaned immediately after the last meal of the day, which can be best done by dipping a moderately stiff brush in warm water, applying it well to the tops and sides, front and rear, twisting the brush up and down, so that each bristle shall become a tooth-pick applied to the joinings to make any lodgment impossible ; two mornings in the week apply the brush after it has been rubbed over white soap, this *will antagonize* any acid which might have been

present; these uses of the brush, with the rinsings after each meal, with a whitening with some safe powder, as pulverized charcoal, once a month, is sufficient in ordinary cases; but a good dentist should examine each tooth twice a year until twenty-five, and annually thereafter.

965. "Music hath charms to soothe the savage breast," as well to-day as in the time of David, who handled the harp so skilfully that he drove the demon of a diseased imagination from King Saul.

966. Nothing more distinctively marks the lady or the gentleman than deference to the infirm and to grey hairs, whatever may be the garb.

967. It is a beautiful sight to see a boy promptly resign his seat to an aged person; nothing sweeter than for a little girl to be swift to lend a helping hand to the old and to the helpless.

968. Politeness in a child abroad proves that there is a lady-like mother at home.

969. No child under twelve should be permitted to study outside the school-room, even one half hour out of the twenty-four.

970. Public hygiene is a science of wide-reaching application; it cares alike for the soldier and the sailor; for the pauper and the prisoner; and extends to the church and the school-house; to the hospital and the penitentiary; to the barrack and the ship-yard; to the rail-car and the steamship; to the city street and the public highway;—and all of these should be under public supervision.

971. It is a beautiful dispensation of a beneficent Providence that we would not willingly change places with any human being in every respect; the

mind will insist on taking some of our belongings with us.

972. It should be always borne in mind that a very large proportion of all our little aches and pains will pass off about as soon by letting them alone as by taking something; and the more we "take" the greater the necessity for taking; besides, we all know that those who are always taking medicine are always sick.

973. He is the man who makes things turn up, instead of waiting for them to turn up.

974. Almost every condition of life has its compensations, which help a man to feel reconciled to his surroundings.

975. Our sorrows are forgotten sooner than our joys; hence, the sunshine of childhood is an imperishable memory.

976. It is a great mistake to get up two or three hours earlier than usual, to do a "good day's work," as it is called, because sleep, which is the foundation of strength to work, being cut short that much, there is no more strength to be used during the day, and not as much as if the full amount of sleep had been gotten; hence, the person cannot work as fast, as hard, nor as long without an extra amount of bodily debility, which must be made up for by sleeping longer the next night; besides, the great loss of comfort in working a whole day in weakness; and, in addition, the mind, on going to bed, is so much impressed with the necessity of getting up early that it interferes with the soundness and the refreshingness of the sleep that is had.

977. Because all brute and vegetable natures die,

and, as far as we know, that is the end of them, it is not analogical to infer that man, himself a creature, too, shall die and leave no sign for evermore that he ever existed, because he has a spiritual nature, like his Maker, and like his Maker can never die.

978. God lives and passes on along the ages of eternity; and man, who alone (and not the beasts of the field and the grass of the earth) was made in His image, has an existence parallel with that of his Maker.

979. He who wants to do a better day's work than usual should go to bed earlier, sleep later, and eat more breakfast, for from food and sleep all our strength comes.

980. Said the author of "Ten Years in Eastern Lands" to his Chinese servant, "Did you ever see the sun rise?" "No, sir, nor have I ever known a man who did." The nations of the old world from centuries of observation have learned that it is better not to rise very early and to eat something before they go out to work.

981. A great deal of time and labour and strength is wasted, especially by housekeepers, in changing from one work to another; it is better to arrange that each kind of work may be continued until completed, as far as practicable.

982. Fast workers very often either have to do a part of their work over again from some mistake or from its being badly done.

983. In 1875, a son of a corn merchant at Bruges died, in his eleventh year. He had been sickly all his life, so much so that he was never sent to school, but used to roam about the woods and river banks

fishing. Since his death, about a hundred paintings of his have been discovered, equalling and even surpassing some of the most celebrated masters. Large sums were offered for their purchase. If true, the stamina of his system was expended on one particular part of his brain development, leaving the other portions imperfectly supplied with nervous energy, the stomach among the others; hence the system was imperfectly nourished, and fell an easy prey to disease. Whenever an excess of devotion to a particular subject, object, or study is noticed in a child, it is his death-knell unless the mind is compelled away to other pursuits.

984. Seventy-two bushels of apples were gathered from a single tree in Spencer township, Indiana; and yet the apple is a neglected fruit on perhaps half the farms in the country, while on every one of them there are spots, more or less numerous, where a tree might be planted, and the room not missed. The apple can be kept easier and longer, and at less trouble and expense, than any other fruit known; can be applied to a greater number of uses; it is more easily and speedily digested, cools the system, nourishes it, acts on the liver, and keeps the bodily functions in proper order; hence there should be a thousand trees for every one that is now growing.

985. Have your plan of work marked out for the day or week in advance, and always keep ahead of it: this will save half the hurry, worry, and spoiled work of life.

986. Eggs contain a considerable amount of *phos*phorus, hence are good brain-feeders; they have [redacted] *solid* nutriment than beef, and we are certain

as to the point of cleanliness when placed on the table in the shell; they are most healthy when poached or boiled four minutes.

987. When a man sets about building a dwelling for himself, to be his home for life, he should aim to have it high, dry, and well-ventilated: high, so as to carry off the water rapidly in every direction; dry, so that the walls should not harbour dampness; and well ventilated, by having windows on two sides of each room, if possible.

988. A house can be made so as to be cool in summer and warm in winter at a small extra expense. Let a space of three or more inches between the inner wall and plaster be filled with sawdust or tan; next best is to use hollow brick; sawdust, tan, and air conduct the warmth of the room away very slowly in winter, and after absorbing a certain amount of sun-heat in summer, will take up no more.

989. There are some, in all communities, who seem to have nothing to do and plenty of time to do it in, the loafing folk, but their lives are useless and always short;—the busiest people live the longest.

990. It is not upon the parents that all the responsibility rests of the proper training of children: the teacher, the physician, the clergyman, have a large share of duties to perform in this direction; they receive the parents' money, and for it are in duty bound to give the best and most they have in their respective spheres.

991. Hundreds of lives could be saved every year if the mattresses on board of ships and boats were made of granulated cork,

992. When one of a "pair" is lost, or rendered useless, there is some fellow creature—a maimed soldier or sailor—who could use the other to advantage. A society in a large city, for the reception or distribution of these "odds," could make a large addition to human comfort by thus utilizing all the odd boots, shoes, ear-rings, bracelets, sleeve-buttons, and cork limbs in the country.

993. A boy got drunk, his employers dismissed him; the other boys in the glass factory refused to work unless he was reinstated; all the boys were discharged and the proprietors directed their foreman to employ others; the foreman replied it was not his business; the proprietors put out their fires, closed the doors of their establishment, not to be opened for six months, thus throwing out of employment seventy-five persons, a number of whom had families dependent on their daily labours, suggesting the wisdom of a law for the signal punishment of any one giving or selling liquor to any minor.

994. The Sabbath is the welcome rest day of the week for the wearied body, and for the repose of the soul.

995. Happy is it that we do not know, in the morning, what history the close of the day will write, of its frictions, its agitations, its disturbances, its obstacles, its struggles; what anticipations unrealized, what hopes blasted, what troubles encountered, what sorrows endured.

996. A man with less muscular power may often accomplish many times more than one of greater bodily vigour, by having a clearness of brain which points out an easier way.

997. A man who very early in the morning

makes a good hearty breakfast of milk, with boiled Indian or oat or wheat meal, will have better health, a stronger body, and a clearer brain than he who makes a late breakfast on the fat of the land.

998. If you want to diminish your weight, exercise; if you want to increase it, eat heartily and do nothing.

999. Do the work of your life well, and whether shoe-black or prime minister, you will stand on the same plane at the judgment-day.

1000. Many times the wife is number one, the husband a cipher.

1001. All sick people want to get well, but not always in the best way. Said a wealthy man, "Doctor, strike at the root of the disease," and smash went the decanter under the faithful physician's cane.

1002. The very thing you most dislike in another, may be seen by another in you,—exaggerated.

1003. Men should be paid for accomplishing, not for mere working, else thoroughness and skill are without reward, and a premium is put on laziness and botchery.

1004. Power to labour is often wasted in working with dull tools, shackling machinery, and poor materials.

1005. The Patent Office contains many a sad proof of half a life wasted by men in devising what had been accomplished before they began.

1006. "Festina lente," slow and sure, would many times save doing work over again.

1007. What you do, do well; what you know, know thoroughly.

1008. A large amount of general knowledge is

comparatively useless for all the practical purposes of life. We need details.

1009. Whatever pursuit elevates the mental or moral nature tends to promote the bodily health; hence, philosophers live long, and hard study promotes longevity, by its tranquillizing and pleasurable influence on the system, as seen by its promotion of the circulation of the blood, by attracting it to the brain to feed it, and then sending it away to the heart and lungs to be revivified.

1010. It is not overtasking the brain which brings many students into a condition of ill-health; it is overtasking the stomach.

1011. The brain sometimes does not work well, thought is an effort, logic an impossibility; but it will all come right if the man goes to work out of doors and continues it until the digestion is good enough to make a purer blood for the brain to feed upon.

1012. Sometimes persons feel themselves slighted by those who formerly knew them, because they are poor, when really it is because they are vulgar and without cultivation.

1013. Youth is beautiful to the aged; yet who of them would go back to youth to take the whole of it: its ragged clothes, its improprieties, its incessant restrictions, its forced obedience, and often to unreasonable requirements. No, no; the most we want of youth is its years.

1014. It may come to pass in time that human maladies may be removed by a good dinner of a specified quality: for example, persons have been cured of the most distressing neuralgia of many months' standing, by taking one twentieth of a grain

of phosphorus, or five drops of the mother tincture of the same, and repeat every few hours until relieved. Phosphorus is the peculiar food of the nerves, and when they are not nourished—are hungry—this pain is their cry for food; and as fish contains this element largely, a good dinner of bass and breakfast of trout might effect a permanent cure, supplementing it with four hours in the forenoon and three in the afternoon, in steady, active labour in the open air, daily.

1015. As we are nearing the grave it should be with accumulated sweetness and dignity, and generous allowances for the foibles of youth, the failures of the unfortunate, and the fallings of the tempted.

1016. If chapped hands have rubbed into them finely powdered starch, soon after they are wiped with a towel, after every washing or wetting, the most grateful relief is immediately experienced.

1017. Dyspeptics should confine themselves to dry food mainly, and not drink anything at meals.

1018. As eating raw or insufficiently cooked hog meat, fresh or salted, causes the terrible pork-worm disease, so may eating raw beef give tape-worm; hence, it is safest that all fresh meats should be cooked through and through, though not enough to be dried; they should be soft, moist, and juicy on the inside; the surface may be almost charred; this saves all the juices. Well boiled, or well roasted or baked meats, never give worms.

1019. The want of specific instructions to a patient has sometimes led to odd results. An Irish servant girl was told to apply a mustard plaster to her chest; she was still suffering next morning, as

she had made the application to the lid of her clothes-box. And as odd was the action of a man who was directed to take two pills in some convenient vehicle, and not having a carriage, the operation was gone through while the patient was seated in a wheel-barrow.

1020. Moodiness seems to be the malady of intellectual men, as authors, artists, and poets. Gilbert Stuart was almost as much famed for this as for his paintings. His three gifted sisters were affected in the same way, one of them becoming a maniac. Washington Alston, so gentle and gentlemanly, was often seized with paroxysms of profanity, which he could not control. The cause of these infirmities is too intense and steady application; the mind may become crazed on any subject if allowed to dwell on it exclusively and intensely.

1021. A foreign substance is readily removed from the ear by looping a horse-hair, dropping it into the ear, then turn it until it catches, and draw it out gently; just as in getting a cork out of a bottle with a looped string.

1022. The routine of city life is sometimes amazing, and one is almost led to wonder that a man is not turned into a machine. Vanboskerk died the other day beyond fourscore; for forty years he was never absent from the barge office a single day, reaching it at six in the morning and leaving it at seven at night, Sundays and holidays all alike.

1023. If you are making a very moderate living at your business, stick to it by all means, and let *every*thing else outside severely alone; for if you

can barely live by an occupation about which you know everything, you cannot expect to succeed in another of which you know nothing.

1024. A frozen limb is whitened: then cold applications less than ice-cold should be made until the skin resumes its natural colour; but the parts should be handled with great care, as the frozen portion is very brittle, and is easily broken off.

1025. If you are thinking of making a change in your business with the hope that you will do better, first try to put more energy into it.

1026. "Without fame or fortune at forty, without fame or fortune always," is the sentiment of many, oftener expressed by the saying, that if a man is not rich at forty, he never will be. It was after forty that Sir Walter Scott became the great unknown; it was after forty that Palmerston was found to be England's greatest prime minister of the century; the peerless philanthropist, Peabody, was comparatively a poor man at forty years. At that age, Lincoln and Grant were obscure and poor citizens of country towns in the far West. Howe, of the sewing-machine, was utterly destitute at thirty-five, a millionaire six years later.

1027. A young lady after skating complained of one foot being very cold; she was advised to put it in warm water; the result was inflammation, mortification, and amputation. She should have placed the foot at first in water not quite ice-cold; after a few minutes, half as cold, then milk warm; the object being to restore it to its natural heat by very slow degrees; or if no house is at hand, rub the part with snow or cold water, then with flannels, and then with the hands.

1028. "Will it hurt me much, doctor, to take a little spirits now and then?" "No, it will not hurt you much; but if you don't take any, it will not hurt you at all."

1029. The itching of chilblains is exceedingly troublesome, and as they are caused by warming the hands or feet too suddenly after being very cold, the prevention suggests itself: the blains themselves are cured by rubbing into the parts most thoroughly, three or four times a day, warmed alcohol, spirit of camphor, or hartshorn, until the itching and leaden hue of the skin has disappeared.

1030. By all the affectionate memories of your childhood's love to your parents, and by all that is generous and manly in your nature, when you have left the home of your youth and have gone out into the world to carve your own fortunes, write to them promptly, lovingly; write often; write long letters; if you could only know the pleasurable interest they feel in every sentence, in every line, in every additional word, even down to the mechanical "Your loving son," "Your affectionate daughter," you would never cease writing until the last line on the last page is filled out.

1031. If a man gets into the habit of giving something to every good cause, or of making contributions in church whenever asked, as a matter of course, he will be relieved of a vast amount of troublesome debating with himself about whether he shall give anything or not.

1032. No one can ever imagine the void that is left in a parent's heart when a child goes from home for the first time to be permanently absent, until placed in the same circumstances as a parent.

1033. If a burn or scald is superficial, plunge it instantly in cold water, then sprinkle over with flour until no more will stick on; in three or four days there will be a new skin if the scale is allowed to fall off of itself; or apply a thick layer of common cotton so that it shall remain in its place. If the injury is deep, spare the strength of the patient in every possible way, cut off the clothing, wrap up in blankets; if much pain give opium, chloroform, or ether, and let the necessary attentions be given while insensible; apply a solution of half an ounce of chloride of soda and three grains of morphia to a pint of water, to soothe the burned surface, then wrap the patient in cotton batting. Coffee is better than brandy or alcohol to keep up the strength, because the remote effect of these is to chill; or lie under water on a couch of leathern straps; or cover the body most completely with wheat bran in case of extensive scalds of children. In all cases, let the body be exposed to the air the fewest number of seconds possible, and do all that can be done to compose the mind and save the strength.

1034. The best and safest tooth powder is warm water applied with a brush on rising, and soon after the last meal of the day.

1035. Before children get to be twenty years old, parents begin to lean on them, although they do not show it, or are not conscious of it themselves, for already do they begin to feel something of an inclination to look outside of themselves for help.

1036. "Is he coming to breakfast?" "Yes, marm; he is sharpening his teeth." The Irish housemaid had seen the gentleman using his tooth-brush. Teeth are not indeed sharpened by the

tooth-brush, but many are ruined by the use of powders which contain acids capable of destroying the enamel.

1037. The easiest way of doing good is to be good, then the doing good comes spontaneously, without an effort.

1038. A Sunday-school teacher in Ohio asked a boy of thirteen who made him. "Why, God made me so long," holding his hands a foot apart, "but I growed the rest." This is not more out of the way than those of larger growth, who habitually speak of sickness as a dispensation of Providence; while the truth is, we bring on our own diseases by ignorance, carelessness, and self-indulgence.

1039. A very great deal has been written about the safety of boiling water, before it is drunk, as a means of destroying microscopic living things. It seems that now, when ships are able, by machinery, to make all the fresh water they want at sea, the sickness and mortality, on board sailing vessels particularly, is greatly diminished.

1040. It is a good plan for all travellers to drink as little water as possible. Sweet milk and buttermilk, and the acids of fruits, are safe and nutritious substitutes. They can be had at almost every farmhouse by the wayside, and are cooling and healthful.

1041. "Cheaper than dirt," was the label on a cake of soap in a Boston shop window, and it is very true. Dirt is one of the dearest things in existence, in certain places on the face, hands, or at the ends of the finger nails, in a conspicuous segment of black; dirt in cellars, closets, cupboards, attics, back yards, gutters. What sickness, what death, what doctors'

bills, what crushings of heart and hope in millions of cases which might have been averted by habits of personal and household cleanliness.

1042. It is said that Shakespeare died of fever and ague short of threescore. Any one who has visited his birthplace and home would think it quite likely. He lived a short distance from the banks of the Avon. The land was almost as level as a floor; even now there is a sepulchral dampness in the evening; much more so must it have been then when it was thickly wooded; and then the pernicious custom of the times to sit out of doors after sundown, till a late hour in the night, drinking hilariously, as he often did, was well calculated to induce intermittents. Sitting still in the night air is always pernicious, more or less, when the air or earth are damp.

1043. Politeness has been compared to an air cushion, which is very comfortable, even if there is nothing in it. It is true that politeness and compliments, however unmeaning and mechanical, do smooth the rough places, and add much, with little cost to the enjoyableness of life. A beautiful woman once said reproachfully to Talleyrand, "You passed without looking at me, yesterday." "Ah, madam, if I had stopped to look at you, I would not have been able to go further."

1044. Excuses are hypocrisies.

1045. It is no wonder that the average of life, less than four centuries ago, was half what it is now, —twenty instead of forty years. Erasmus says that in the reign of Henry VIII. the floors were commonly covered with rushes, which soon became so damp as to keep the feet wet; and that the

dining-rooms were particularly filthy, for bits of meat and bones were thrown on the floor for the dogs, and to this the leavings of beer and wine in the cups was added. Slices of bread were used as plates to eat their meat from, and at the end of the meal were tossed under the table; the rushes not being removed for weeks and months. Even Queen Elizabeth often laid on the floor to sleep at night, on two or three folds of cloth or woollen, for beds and mattresses were not known then.

1046. The more deliberate the enunciation of a speaker, the less strength is expended, and the longer he can speak without fatigue.

1047. A little three-year-old, on waking up one morning and seeing the moon, innocently soliloquized, "I should tink it was about time to take that moon in," so busy is the brain of earliest childhood, comparing, investigating, judging, to be continued until life's latest close.

1048. It has been said, with some ground of truth, that in the first four years of childhood more different and more numerous things have to be learned, a larger number of ideas enter the brain, than at any subsequent period of life of equal duration. The names of all the objects they see; the meaning of all the words they hear; the conclusions arrived at from all that passes before them; the judgments they form of all the characters about them; and the innumerable inexplicable things which they have to ferret out and unravel and classify in presence of the inconsistencies of parents, visitors, servants.

1049. It is supposed that the brain never ceases *its action,* from the cradle to the grave; our dreams

show that it is working in sleep. Happy they who can give it that direction which keeps the thoughts of the heart pure, loving, and humane, always.

1050. As, up to 1875, science has demonstrated that the gases of the sun contain iron, lime, magnesia, and salt, we may conclude that our sunshine contains these ingredients; hence, its value, from a plentiful exposure to it, in building up vegetation and man and animal, giving strength and growth and health and vigour to all.

1051. "Man goeth to his long home," saith the Scripture, meaning his "perpetual house," which, therefore, must be eternal with its "many mansions," to be jointly inhabited by the Eternal Builder, with those of whom it is said—

"And we His offspring are;"

the Builder, the house, the occupants, all eternal.

1052. Algoid growth is vegetative, deriving its nourishment from that in which it is immersed, as the green scum on still ponds, and is as immensely reproductive as the fungoid, exemplified in the puff-ball, which grows in a night, and has as many spores or multiples of itself as there are people on the globe; and they are so minute and transportable and light that the whole air is filled with them in certain localities. Wherever these spores lodge, say, on moist surfaces, they stick like a particle of dry flour on a wet spot, and wherever they thus stick, as in the mouth, the inner lining of the nose, or any similar mucous surface, they feed and multiply by millions in a few hours. Whether this multiplication is the cause of disease, as the germ theory claims, or whether poison becomes attached

to it in its progress through the air from its original home to its resting place,—some malignant poison, —we do not as yet know; but this we do know, that these vegetable algoid and fungoid spores or cells are present in disease, multiply by millions in a night; that they do not exist except in damp, flat, and warm localities, and these we ought to avoid.

1053. As man was made in the image of his Creator, he is more allied to divinity than to dust; hence, it is a more perfect analogy to say that, like the Divine, he shall live for ever, than like the dust to perish.

1054. There is reason to believe that at the final winding up of earth's history, it will be found that not one of all its millions has ever lived in vain; that each has had a use or purpose, making only two classes, those who performed their mission willingly, and those who did not; yet the object of the creation of the latter was accomplished by their work being overruled to good ends; but not having worked willingly they have no reward.

1055. In public speaking, a low voice, uttering each word and syllable with a clear-cut enunciation, is more distantly and distinctly heard than a tone of thunder, without a break in a whole sentence.

1056. The missing link between animal and vegetable life seems to have been found in the bacteria, or protesta, a hundred thousandth part of an inch in diameter. He who finds the missing link which binds soul and body will make himself an undying fame.

1057. Bleeding from an extracted tooth has been, sometimes, fatal. It is controlled by a plug made

of grated nutmeg, browned like burnt coffee, or persulphate of iron, or by closing the mouth and pressing on the gum with the finger.

1058. Notwithstanding the progress which the use of the microscope has made in the discovery of hidden truths, we are yet in the dark as to whether the infinitesimal cell, or fungus, or spore, whether the bacteria or micoscocus, and the vibria, are the causes of disease or the merciful scavengers of creation, to absorb or consume the causes of disease, and thus clear filth out of the world.

1059. One pound of powdered sulphur thrown into a flame will instantly absorb the oxygen of a hundred cubic feet of air, or of a room five feet each way; hence, a handful or two of this familiar substance will instantly extinguish the flames (if thrown into it) of a burning chimney, or an apartment on fire, if kept closed.

1060. That exercise is best, which is steady, moderate, and continuous; that which is fitful, violent, and protracted to excessive fatigue, always does more harm than good.

1061. Every day that passes after a person becomes insane, without being sent to a well-ordered asylum, diminishes the chances of recovery.

1062. An increasing ability to sleep well is the sure indication of convalescence from dangerous disease and lunacy.

1063. The average life of the well-to-do is eleven years longer than that of the day labourer.

1064. "Growl if you do, and growl if you don't," said a kind, indulgent, and liberal husband one day. If any husband can have the same thing said of him he ought to be ashamed of himself.

1065. That married life is happiest which witnesses the most continuous series of self-abnegations; and that is the most unfortunate which is characterized by the most habitual exhibitions of selfish aims and ends.

1066. It may seem contradictory, but it is a fact, that the longer an educated physician lives, the more confidence he has in the efficacy of medicine, and the more he is inclined to do without it, until it becomes indispensable.

1067. The philosophy of medication is founded on observed facts. Tartar emetic acts on the stomach, brandy affects the brain, strychnine shocks the nerves, Virginia snake root retards the circulation of the blood by arresting the action of the heart, and calomel stimulates the liver. It is not improbable that every important part of the human system is amenable to some one remedial agent or another in nature. We may never know the why or the how of these things, but the facts themselves are undeniable, and these constitute the reasons for administering medicine in any case, and thus far it is a science.

1068. In all flat, damp localities, breakfast should be taken before leaving the house in the morning, and supper at sundown, as a means of antagonizing all miasmatic influences on the system.

1069. The man who is always in a hurry is the very man who, at the end of a lifetime, has the least to show for it.

1070. All know that a lump of ice in a glass of water melts very slowly; but if divided into pea-sized pieces and stirred round, it is melted with *many* times greater rapidity, each piece being dis-

solved from without inwards, and the surface exposed to the water being multifold greater. So it is with the food in the stomach, the juices of which envelope it for the purpose of reducing it to a liquid form, to prepare it for yielding its nourishment to the system; the more numerous the pieces, and the smaller, the greater will be the amount of surface exposure, and the more rapidly will it be dissolved; hence the reason for chewing food well.

1071. One of the most comfortless, dreary, and unsatisfactory methods of eating is to take a lunch at any public place. It would be better, safer, and more healthy to bring a sandwich from home. This would cost nothing extra; would save from the temptation of "taking something," meaning liquor, at a public place; would modify the hunger without impairing the appetite for a good dinner after business hours. Such a method would be less injurious to the system than bolting a dinner at an eating-house, and washing it down with a glass of brandy. Many a man has taken his first lesson in liquor-drinking at eating-houses.

1072. If persons were to eat but thrice a day, cut up all their food into pea-sized pieces, and chew it deliberately, dyspepsia would be no longer a national disease.

1073. Science seems to show that if the lowest form of animal or insect life feeds on elements found in stale boiled milk, it grows and flourishes in carbuncle; if it is nourished by the stale boiled egg, it is present in contagious fevers; while others which revel in alcoholic producers, find their homes in diphtheria, typhoid, and intestinal maladies, and yet all these forms are apparently similar; so, also,

in any number of young children, to all appearances alike, there will be different representatives in mature life, as to their mental, moral, and physical nature, according to the kind of food furnished each during their growing period. A faulty logic will debase the mind; immoral teachings will corrupt the heart; vicious practices will undermine the constitution; and as certainly will unsuitable food impair the health.

1074. We eat to live, and if we eat wisely of what He has provided who "hath given us all things richly to enjoy," we will live well, healthfully, and long.

1075. If a person must take a nap during the day it should be a short one, and if taken in the forenoon will be less likely to interfere with the sleep at night than if indulged in during the after part of the day.

1076. A father thinking it a mere notion that his little five-year-old daughter should be afraid to sleep in a room alone, locked the door in darkness to find a few hours later that the little child had died in a fit.

1077. There is a very strong tendency in many minds to insanity upon some one particular subject in consequence of dwelling upon it, and looking only at such circumstances as serve to confirm their opinion, while they attach no weight to the opposite. Persons of this class are called hobby-horsical, and are considered the victims of a harmless mental infirmity. But it is not always harmless, either to the individual or to others, especially if of a practical character. Frederika Bremer said that *her* father nearly starved his children to death,

under the influence of vagaries in reference to keeping down the animal and elevating the spiritual nature by means of a spare diet.

1078. Bear in mind that a drink of water may be more instantly fatal than a drink of brandy. A brave French general in the Crimean war died in a few moments from drinking a glass of snow-water, after reaching the top of a mountain with his artillery, while in a heated condition. Even if in the slightest perspiration, hold the glass in the closed hand for half a moment, and remove it from the lips after each swallow; thus a few mouthfuls will as effectually satisfy the thirst as a whole glass drank down without an intermission.

1079. The fear of night air retards the recovery of multitudes. Out-door air is purer than that in-doors and more healthful, only if a good meal has been taken, and the utmost care is observed to prevent the slightest chilliness.

1080. It is not so much what we eat, as the amount of it, which ruins so many stomachs; quantity rather than quality.

1081. Never part with your husband in the morning as he leaves for the business of the day with an unkind word on your tongue; he may be returned a corpse; it has been so many a time and oft, and then there are sharp-pointed memories for a lifetime afterwards. The man who leaves his wife in the morning with an angry word, and greets her on his return in the evening with a growl, is an unmitigated brute.

1082. It would be considered an outrage for a person to bring disease into a community, deliberately, through infected clothing or otherwise;

yet the propagation of false news, the dissemination of mischievous sentiments, and doing things which disturb the public peace, ruffle the flow of quiet life in any neighbourhood, and to that extent diffuse an element of disease into every household, is often thoughtlessly done.

1083. The perfection of architecture is to construct a family dwelling in such a way that no one room shall be dependent on another for its warmth; that each apartment shall have an adequate and independent ventilation of its own, and that all the drainings shall be conveyed outside the walls above ground, to the place of deposit through pipes visible to the eye, so that if there be the smallest leakage it can be instantly detected.

1084. As the very slightest flaw or imperfection in a diamond is instantly manifested by immersing it in the oil of cassia, so the distant approach to age or wasting bodily disease is indicated as plainly and as certainly by the quicker pulse, the shorter breath, and the thinning flesh.

1085. The most careful person will take cold occasionally; our wisdom is to think back and find out the cause, and thereafter sedulously watch against it.

1086. Whatever may be the benefit of a leisure walk in the open air after a hearty meal, it is very greatly increased if the exercise is taken in a joyous spirit, a hilarious mood, and exhilarating conversation, with a perfect obliviousness of every thing pertaining to business.

1087. A warm "stew," getting into bed with covering well tucked in, hot bricks to feet, and drinking abundantly of hot teas until there is a

dripping perspiration, to be kept up an hour or two or more until the system is relieved, and then to cool off very gradually in the course of another hour, is derisively styled an "old woman's remedy;" but for all that it will break up any cold taken within thirty-six hours; it will promptly relieve many of the most painful forms of sudden disease, with the advantage of being without danger, gives no shock to the system, nor wastes its strength.

1088. The old, the feeble, and the invalid should take some hot drink at every meal, never cold.

1089. It is a barbarism to compel children to eat fat meat, lean meat, or anything else against which they may have a repugnance,—an unconquerable antipathy; might as wisely try to make a kitten eat white beans, or a chicken drink salt water.

1090. Drains behind the plaster and under the cellar floor should be prohibited under severe penalties.

1091. If a man cannot take his daily exercise in the open air it is his misfortune, but not the less necessary for all that.

1092. The mind kills. A thoughtless youth galloped up to a house and told the lady that her husband had just been killed; she was thrown into convulsions and died in a few moments. Even joyous emotions have been known to destroy life, as drawing the highest prize in a lottery. Thus is the fact accounted for that persons remarkable for their equanimity and even temper, live to a good old age.

1093. The best cure for a cold in winter is to keep warm in the house until it gets well, living wholly on fruits, coarse bread, and warm drinks.

1094. Pensioned persons, whether in poor-house or palace, have long been remarked for longevity; it is because to-morrow's bread has been assured to them, and relieves them of anxiety.

1095. It is cankering care which eats out the happiness and health and life of multitudes.

1096. When a person begins to shiver, or a chill runs over the body, a cold has been already taken, to result in fever, neuralgia, or other discomfort, lasting for days and weeks; to prevent which, exercise instantly, to cause perspiration, or secure it by hot drinks, and keep it up for an hour or two.

1097. One of the discoveries of spectral analysis is, that in the warming sunshine there is iron and lime and magnesia; the iron to enrich the blood, and give to the pallid cheek the hue of health; the lime to strengthen tooth and bone; the magnesia to meet the wants of many of the tissues; hence they are healthiest who most court the blessed out-door sunshine.

1098. The great and restless sea has fed its fishes to millions of mouths every day since the world began; then there are the treasures of the earth, and under the earth, its forests, its plants, and its flowers; its mines, its jewels, and its diamonds; the coal to warm us,—abundant for thousands of years to come; its oil to light our dwellings,—forty millions worth annually; and lo! these are only a part of His ways of goodness to man.

1099. Comforts add to the length of human life and increase our enjoyments; discomforts do neither.

1100. All sedentary persons, the old, the young,

the feeble, ought to have a cheerful, open fire to dress by in winter.

1101. If a cold is neglected forty-eight hours it will run its course of two or three weeks in spite of all efforts to shorten it.

1102. We should eat to-day in proportion to the exercise or labour of yesterday; and we may expect to sleep sound to-night in proportion as we have earned our bread by the sweat of our brow.

1103. Pain is a blessing. Suppose you were to get drunk, went to sleep, put your leg in the fire, and it had no feeling in it, then you would have to "cork it" for the remainder of your life; and all because there was no such thing as pain.

1104. Marriage is the natural state of man; no one can be happy out of it; the mind is for ever unsettled, for ever unsatisfied, fruitlessly yearning for an undefinable something, which fades and fails, and recedes into the dim distance ahead with every advancing year, ending at last in utter hopelessness. No wonder that the bachelor and the maiden seldom reach threescore, and so largely people the mad-house.

1105. Dreams are the imperfectly remembered workings of the brain. While wide awake, these operations are taken full cognizance of, and make too deep an impression to be forgotten.

1106. Those who exercise for health should work by the day, not by the job; slow, deliberate activities husband the strength, and put it out equably and advantageously; fitful, violent labour shocks the circulation, racks the body, and deranges the heart's action most injuriously.

1107. The most careful sometimes eat too much;

they feel heavy, dull, oppressed, and exceedingly uncomfortable; under such circumstances, resort is often had to a drink of brandy, or some other strong material. The stomach is too full already, and yet more is deliberately put into it to give relief. The better plan is to take a leisure walk in the open air, vigorous enough to keep off a feeling of chilliness, and by degrees to cause a very moderate perspiration, and keep it up until relieved. Going to bed under the influence of such a surfeit in the hope of sleeping it off, has often resulted in cramp, colic, convulsions, or death.

1108. There is reason to believe that, as far as the old, the feeble, and the young are concerned, health might be promoted and life lengthened, if feather beds, and chamber fires to get up by, and a less free application of cold water were returned to.

1109. Patient rubbing of sweet oil into the skin with the hand, two or three times a day, has a wonderfully cooling and soothing effect in all fevers and in many nervous affections.

1110. Either cold feet or constipated bowels attend a large majority of human ailments, the cure of which would be effected by their removal.

1111. Cold feet, constipation, and headache, are the heritage of bilious persons.

1112. Contagious diseases are those which are communicated by a near approach to the sick.

1113. Kneading the region of the liver is well worth understanding, as it aids in removing several bodily discomforts; it is done by using the ball of the right hand and rubbing downwards, beginning at the right hip bone and the edge of the ribs, and coming round to the centre of the body at

the navel. As the liver is a large gland between these points, a portion of it resting on the stomach, it is stimulated by pressure which, in a sense, acts upon it as the same pressure would act upon a sponge filled with water, the effect being to force the bile in the liver onward to the point where it is discharged into the alimentary canal, just under the stomach. In this way the liver is sometimes made to work. This is also a good method of causing gases in the stomach to pass downwards; it also causes the muscles of the stomach and its appendages to have a more healthful motion, antagonizing a constipated condition of the system. Besides, it is a good physical exercise, and may be continued three or four minutes on rising and retiring, or at any other time needed.

1114. A rapid walk, a race, or trotting on horseback, aggravate the discomfort of an overfilled stomach; a leisurely, cheerful walk is a cure, if persisted in.

1115. There is reason to believe that taxidermy, the planting of live skin on a raw spot, may be successfully applied as a remedy for baldness.

1116. The very first step, and the only one needed in curing many diseases, is a full, free evacuation of the alimentary canal by a puke or a purge, by an emesis or an enema.

1117. Out-door walking is a valuable means of preserving health and removing disease, because it brings into exercise almost every muscle of the body, each one of which, in its natural action, tends to push out of the system every poisonous, useless, and cumbersome particle, even a headless pin or a needle.

1118. A lunch taken leisurely and alone is sometimes beneficial; but always a positive injury if in haste, especially if tempted to "take something" besides.

1119. North of the Virginia line, the young, the old, the feeble, should put on the thicker clothing and the flannels of winter not later than the middle of November, to be laid aside in the early June, however warm the weather may have been previously.

1120. It is the common mistake of the tidy, economical, and indolent housekeeper, to cease kindling fires too early in the spring, and defer it too late in the fall, leaving the children and grandparents to shiver in their shawls and wrappers, half-bent with cold, and faces and hands all shrivelled with chilliness.

1121. A young man may run to meet the cars, but the same effort may snap the heart-strings of threescore.

1122. Infection means the propagation of a malady through the clothing or atmosphere.

1123. Whenever any form of bathing is followed by the slightest chill, more harm has been done than good.

1124. Oatmeal is more nourishing and strengthening than any other flour or meal.

1125. To be hopelessly diseased; to be crippled for life; to have been born with a defect which wholly incapacitates for self-support, and thus be dependent on others for the essentials of life,—the food we eat, the clothes we wear, and the very water we drink, or, in weary, wasting sickness, to spend the long winter days and the longer nights

of months and years in pain and suffering and helplessness, must be a sad, sad lot; and yet it doubtless is, in many cases, a training indispensable to a meet preparation for better things beyond time's boundary.

1126. Cold water bathing, to be always beneficial in applicable cases, should be actively conducted and fully completed within three minutes in winter and ten in midsummer.

1127. All that a man hath he will give for his health when it is lost, but seldom a dollar for instructions how to preserve it.

1128. In the great majority of cases the seeds of consumption and dyspepsia are sown in the "teens" of life.

1129. Hard students need nutritious food and a plenty of it.

1130. A good feeder makes a good worker; hence the poorest of all economies is to stint workpeople in their food.

1131. All persons who sit or stand at their business should have the feet resting on some woollen material, as it does not conduct the heat away so rapidly as does an uncovered wood or stone floor.

1132. It is better to ride to one's business and walk from it, whether it be brain or body work, because the first strength is the best and will do the work best; the fag end of the strength is good enough for mere exercise.

1133. If a man is "blue as indigo" for want of funds to purchase a good dinner, give him a ten dollar bill, and he will be the happiest of mortals until it is—gone! and the brightening will continue as often as the ten is given. This naturally causes

the conviction that money is "good for" low spirits, and a good many other "symptoms."

1134. They can do most who sleep best.

1135. The times for eating for the great majority of people, those who have to work hard, or are old, or infirm, or weakly, should be morning, noon, and night, and nothing whatever between.

1136. The hard working cannot labour to advantage if the meals are more than six hours apart, as they begin to lose their strength; in all such cases the digestive functions are too weak to manage but a moderate quantity of food, but they would get over-hungry and would over-eat, if the time between meals is over six hours.

1137. The power of natural agencies in the cure of diseases is not fully appreciated, even by physicians. A man was cured (and remained cured) of biliousness by not eating anything whatever later than two P.M., and washing the skin thoroughly every day for ten days.

1138. We eat for growth, repair, warmth, and strength.

1139. If a parent proposes to prepare a son for the ministry, or for the missionary field in foreign lands, what arithmetic can compute the difference between the influences left on the world's history from a broken constitution on the day of leaving the seminary, to die in a year or two, or less, and embarking for a foreign missionary field with a stalwart body and a vigorous intellect, and living to the age and power and influence of a Judson, a King, a Scudder, a Morrison, or a Livingstone, working for the elevation of whole peoples from barbarism to the plane of a Bible Christianity? Let

parents and managers of our schools, academies, colleges, and seminaries think of this and provide some reading for the young which will teach them to preserve their health.

1140. Eat slowly, cut up all the food in pea-sized pieces, chew deliberately, in a cheerful mind, and then you can afford to eat all you want without the penance of getting up from the table hungry.

1141. The grandest maxim in modern medicine is, sustain the strength of the patient.

1142. The noon-day meal should be the heartiest of the three taken; the last, or third meal, should be about sun-down, and should consist of bread and butter and a cup of hot drink; to all classes this would in a few days give an appetite for a good hearty breakfast, with all the exercise of the day to promote its digestion.

1143. As the teachings in print make a stronger impression on the minds of the young than the admonitions of parents, however much loved, those who have children should aim to provide them with at least some safe reading in the course of every year, pertaining to health and disease.

1144. Abundant warmth, pure air, sound sleep, and a plenty of good things to eat, will cure all ordinary diseases if taken in time; that is, before the system has been reduced so far as to have lost its recuperative power. At that point nothing will save.

1145. A beautiful bunch of flowers was one day brought to a dying lady; her face brightened in a moment, and a loving smile lighted up her countenance, as she expressed her gratitude towards the friend, herself an invalid, for her kind remembrance.

1146. The best hospitals are detached cabins so arranged that every side should be accessible to the sunlight.

1147. Abundant and uninterrupted warmth is the best insurer of threescore against sudden death.

1148. The three great elementary principles of every healthy community, as well as of individuals, are pure air, perfect cleanliness, and well-cooked food.

1149. There are multitudes of brave-hearted women, who had rather go roofless and sleepless, the bitterest winter nights; had rather die, as some do, poor things, than to commit the one wrong act which would give them money and dress and home. Is not that the "best society" which lends a helping hand to such in any large city?

1150. Let every one, from this good hour to the end of his mortal life, make it a point to have a pleasant smile, to make a cheerful recognition, and speak an encouraging word to every human being whom he finds, with steadfast eyes fixed on "Excelsior."

1151. There is reason to believe that the happy time will come when we may be able to preserve health and cure disease by the use of sugar-candy, plum-pudding, and roast beef, with the aid, occasionally, of various other good things, too tedious to mention; for sweets keep up the warmth of the body, and what is more needed than warmth in sickness? Roast beef sustains the strength, and all know that debility characterizes every human malady in some stage or other of its progress. And as for plum-pudding, it contains the elements of

warmth in its sweetness, and of the muscle-making power in the gluten of the flour out of which it is made.

1152. It is not the mixture of even a dozen different kinds of food in one mess which makes it unhealthful; it is the quantity which give us dyspepsia and its thousand ills.

1153. Carbonic acid gas, which destroys life in a very short time, is generated by breathing; at every expiration some of it is thrown out into the room; it is its presence which gives the disagreeable odour observed on entering a close apartment in the morning in which several persons have slept all night. This gas, in combination with the moisture of the breath, is heavier than the common air; hence, its tendency is to the surface of the floor. Cold condenses this gas and makes it heavier; hence, the colder a room is, the more does this gas seek the floor; for these two reasons persons should avoid sleeping on the floor. The poverty of the humble poor sometimes compels them to part with some of their furniture; the bedstead is supposed to be one of the things which can be most conveniently spared, thus adding the risk of sickness to the misfortune of poverty.

1154. No sleep can be sound and healthful unless the sleeper is comfortably warm. Many a man who has gone to bed in good health has awakened with a mortal malady, or one involving life-long suffering by having been exposed to a draught of air on some part of the body while asleep, either from an open door, a hoisted window, a crevice, or a broken pane.

1155. The purest air contains four parts in a

thousand of carbonic acid gas, and to that extent it is a healthful ingredient, as far as we know, but beyond that it is prejudicial.

1156. The Greeks and Turks are passionately fond of sour milk. The shepherds use rennet and milk dealers alum, to make it sour the sooner. The Germans in the West use buttermilk largely; it acts on the system like water-melons, and antagonizes biliousness, as does the acid of fruits and berries.

1157. Three things are indispensable to a healthful bed-chamber: we must have an amount of bed clothing which will keep us comfortably warm; must not be exposed to draughts of air, and must have a good and safe ventilation of the apartment, which may always be secured by an open fire-place and a board about three inches broad, and as long as the breadth of the window, placed under the lower sash; this makes such an opening at the joining of the sashes, as will admit a draught of air in the direction of the ceiling, where it becomes diffused before it reaches the sleeper.

1158. However good the onion is as an esculent, it will poison the person who eats it after it has been exposed in a room where there is cholera, or some other diseases; it blackens if poisonous.

1159. As almost all cars have foot-rests in front of the passenger, it is better to place the feet on these than on the floor, then they will not get cold so soon.

1160. One third of our entire existence is spent in our chambers in the unconscious happiness of sleep, and as good health is impossible without the habitual breathing of a healthy atmosphere, the

importance of inhaling pure air during so large a portion of our existence is self-evident.

1161. If the hands are very cold but not frozen, paddle them in lukewarm water for a few moments. The same may be said of the feet, gradually adding warmer water, thus avoiding the danger of chilblains, restoring the proper temperature gradually, and imparting to the whole body a surprising degree of comfortableness.

1162. If a person chances to wake up in the night for two or three times about the same hour, and cannot fall to sleep again very readily, it rapidly becomes a habit, with the result that if an hour or more is lost in this way, it is made up by that much longer sleep in the morning, or the system is deprived of its healthful amount, and injury will certainly result. The remedy is to retire to bed two or three hours later, for two or three nights in succession, and yet be waked up at the desired time for rising. Meanwhile avoid sleeping in the day time. In this way the time for waking up during the night will be bridged over, and the evil habit will be promptly broken up.

1163. The healthiest site for a family dwelling is on an elevation declining on every side, so as to convey the water rapidly away, or on a sandy soil which admits the same in effect.

1164. The best use for a shawl or overcoat in railway travel in cold weather, is to put it on the floor and place the feet upon it; this keeps them warm; otherwise the bare floor rapidly abstracts the heat from the feet, often giving a troublesome cold.

1165. The safest position in a rail-car is about the centre, on a seat next the aisle.

1166. The sunniest skies and the most beautiful are not the healthiest localities. More persons die in Italy, and sooner, than in any other civilized country, except in Prussia. It is the condition of the soil which has the most direct bearing on health and disease; in proportion as lands are flat and wet, in such proportion does sickness prevail.

1167. It is the wisdom of every man to think back and ascertain what gives him a cold or causes any sickness, and then make it his study and aim to avoid these habitually; in this way almost any one in the course of a lifetime may diminish his sickness one half, if not very much more.

1168. Scientific investigation has ascertained that the onion possesses an amount of nutriment, healthfulness, and stimulant qualities not found in any other underground vegetable. The various means used to deprive it of its odour, also rob it of some of its good qualities. They were so highly prized by the children of Israel, that even in sight of the promised land, they had regretful longings after "the leeks and onions of Egypt."

1169. If you want to go to sleep soon, cultivate pleasant thoughts on lying down; thoughts which calm and soothe and give placidity to the mind.

1170. If alcohol is ever employed as a medicine, it should be strictly confined to those cases in which its use is an absolute necessity.

1171. If excessively warm and very properly afraid of cooling off too quick, paddle the hands in a basin of warm water. Every time they emerge from it steam is generated, and this carries off the heat so equally, that a pleasant degree of coolness is very soon and safely established.

1172. After the most careful investigation, life insurance companies have settled down to the conclusion that those who absolutely abstain from the use of alcoholic stimulants in every form, average sixty-four years of age, while the average life of drunkards and moderate drinkers is thirty-five and a half.

1173. Daily cold water bathing seems to be a very simple and innocent operation; yet, unless performed with judgment and discrimination, it is capable of doing great harm; only the robust can practise it with impunity, and they do not need it.

1174. It is a humanity sometimes, and a politeness always, to keep a visitor waiting the shortest time possible, for the room may be cool or damp, endangering a cold, or there may be imperative reasons for not losing a moment.

1175. Warm water internally and externally, if used with judgment and skill, will alleviate and cure more human maladies than half of all the drugs on the shelves of the apothecary. It cools fever, cures pain, allays nervousness, diverts disease, softens the skin, antagonizes chill, promotes perspiration, and soothes the mind.

1176. Physiological research has fully established the fact that acids promote the separation of the bile from the blood, which is then passed from the system, thus preventing fevers and other prevailing diseases of summer and autumn. All fevers are "bilious;" that is, the bile is in the blood. Whatever is antagonistic of fever is cooling. It is a common saying that fruits and berries of every description are "cooling;" it is because there is an acidity in them which aids in separating the bile

from the blood, and thus purifies it. Hence, the great yearning for "greens," and lettuce, and salads in the early spring, they being taken with vinegar; hence, also, the taste for lemonades, buttermilk, and other acid drinks on the part of a bilious person, and in attacks of fever.

1177. Every traveller, especially in summer time, should carry with him a vial of hartshorn, called "smelling salts," as it instantaneously removes and cures the pains caused by the bites and stings of all known insects; a substitute, on an emergency, is wood ashes and water, half and half, the product being like hartshorn, which is an alkali.

1178. To be happy, a man must be good and keep himself busy in doing good.

1179. Inability to sleep after having been waked up in the night by bad dreams, or other causes, is sometimes remedied by walking the floor five or ten minutes, throwing up the night dress to allow a thorough ventilation of the surface; this certainly prevents the repetition of a disagreeable dream.

1180. When a simpleton wants to get well he buys something to "take;" the wise man gets something to do; and it is owing to this circumstance that the latter has been in a minority, almost indistinguishable in all civilized countries: that doctors are princes instead of paupers, and live like gentlemen instead of breaking rocks for the turnpike.

1181. No one ought to be waked up in the morning as a habit; it is an interference with nature, whose unerring instinct apportions the amount of sleep to the needs of the body, nor will

allow habitual interference to be practised with impunity, in any case.

1182. It is kind to accompany a friend to the door on leaving; but it is likely that many last words will be spoken at the half-open door, causing an exposure to a cold draught of air, hence the practice is not safe.

1183. It is never safe to take a medicine simply because it is reported to have cured another with symptoms apparently similar to your own.

1184. There would be better health, less sickness, and longer life, if all were to make it a practice never to take a dose of physic without the advice of an educated physician.

1185. It is a boorish act to open a window or a door on entering a public vehicle, without the assent of the inmates; to ask that assent is a selfishness.

1186. Never eat to "make it even," or when you are not hungry; it is that much food lost and wasted, and an imposition on nature.

1187. In passing out of a public assembly, it is discourteous to stop to speak to another, for the one behind you may have imperative reasons for hurrying on.

1188. The man who eats most and works slowest, can work the hardest and the longest, hence is the cheapest "hand," because small eaters have little strength, and they who work fast seldom do it well and often have it to do over again.

1189. Medical men perform more personal labour without compensation than any other class or calling, for the honour of the profession requires them to answer the call of pensioned or pauper, prince or potentate, all alike.

1190. The ruts of thought, how they warp and weaken and wreck the intellect sometimes,—the for ever dwelling on the irremediable past, on sharp-pointed memories or remorses for yesterday's mistakes or lost opportunities. There is no remedy for a "rut" equal to that of a good emetic.

1191. If you can't sleep at night, get up and stay awake until next night, and you will sleep "like a top." It never fails. But next day go to work like a man at something encouragingly remunerative, out of doors, and you will have two good nights' sleep in succession. Repeat the dose, and it will work just as well to the crack of doom.

1192. If persons must have desserts, let them be taken half an hour before meals in the shape of fruits and berries, whose acids enter the blood at once and energize the secretions; or in the shape of nuts or cheese, whose essential oil invigorates digestion, or pure sugar candy, which hastens the more complete solution of the food by its chemical combinations on reaching the stomach.

1193. Sweets are the necessities of childhood and youth; hence Providence has wisely implanted in the young an almost insatiable desire for sugar. Without this element largely mingled with its food, the healthiest-born infant would die in a month. In vain would it nestle on its mother's bosom; in vain its exposure to the warming sunshine; and in vain the softest blankets and the warmest furs to encase its body, for the warmth which sustains human life comes from within, must be generated by the internal combustion of carbonaceous food, as found in all sweets and fat. It is the most inveterate of all prejudices in

civilized life that "sweets hurt children." On the contrary, they are a prime necessity, and to deprive them of their candies, if pure, is a barbarism.

1194. There is not a straight line in all nature. Man was never intended to live under an inflexible rule, to travel an infinite distance in the trough of a railroad bar; he is a creature of amazing adaptabilities: to live astride a crater or on the perch of the North Pole, on the equinoctial line, or the pinnacle of an iceberg,—and he is wisest, healthiest, and happiest, who soonest adapts himself to the circumstances of his situation.

1195. Instinct is implanted to preserve life, and is common to plant and animal and man. The humble climbing vine will find its way, straight to the nearest bean-pole; the roots of flower, shrub, and tree delve down into the hard earth, in search of the richness and moisture of the soil, taking the shortest course to the more favoured spots. As soon as the little duck breaks its shell, it waddles toward the water, and sails away over the bosom of the tiny pond right gracefully.

1196. Brain-workers require most sleep.

1197. Plodding people are most successful in the long run, for they make the fewest mistakes, and seldom have to do their work over again; and carrying out their principles, they eat long and largely, but masticate well.

1198. Truth lodged in the mind of a child is a deposit for a lifetime; and if that be a practical truth in reference to health, it will be of life-long value.

1199. The man who eats by weight and measure is not likely to live long.

1200. The babe an hour old greedily seizes the fountain spring of its mother's milk, which contains in large proportions the elements which supply the first necessities of infantile existence. This instinct is the wise, self-acting, and friendly guide to plant and animal and man, his mentor and preserver from the first cry of infancy until the fiat of the Maker calls the patriarch home to His bosom in heaven. This instinct we fight against when we court sleep without sleepiness; eat when we are not hungry; drink when we are not dry; work when nature rebels against it, and wear ourselves out with excessive fatigue.

1201. Every trade and calling and profession has its drudgeries as well as its rewards; but the drudgeries of an honest occupation bring with them the invaluable blessings of good health and a quiet mind.

1202. Hard work is an acquired habit, and if it is then followed as a habit, it is pretty sure to bring with it a reasonable competence, sound sleep, and long life.

1203. Poverty is often an idea; for a man in debt, with ten thousand a year, is not as rich and not as happy as he who works by the day, and owes no man a dollar.

1204. When I see a man resign his seat to a bonnet or grey hairs, it raises him at once to the character of a gentleman, even if dressed in home-spun.

1205. To sleep well a man must work hard.

1206. The watch represents one of the most complicated mechanisms of man. It has been made to run a day, a month, a year, without touching or

repair; but man, whom a breath has made and a breath can destroy, is the handiwork of the Maker of all worlds, his is a mechanism which builds itself up from infancy, and down to old age sustains its own strength, supplies its own waste, and makes its own repairs; running on and running ever, until destiny orders, "run no more."

1207. Persons who are all the time taking medicine, are all the time complaining, are never well; and yet, with amazing pertinacity, they swallow physic to the last gasp of life.

1208. The cheerful man has the best digestion.

1209. Every chamber should have a thermometer in-doors and out, and we should dress, on rising, accordingly, for it takes a sudden cold a day or two to get into the house, and life has often been lost by going out too thinly dressed, with no opportunity to correct the mistake.

1210. The salt of the sea preserves it from corruption; the salt of the human body prevents decay; and it is the moral salt—the preservative influences of the Christian religion—which upholds social existence, sustains all civilized governments, and prevents the extinction of nationalities, for five righteous would have saved a city. And the principles of the moral government of the Almighty are the same throughout the ages.

1211. But for religion the world would be without an inhabitant.

1212. The enemies of Bible religion are the vipers of society. Their influences tend to poison, corrupt, and destroy; and wherever they habitate together, they live more and more in unrestraint, until crime and beastliness, in their most degrading,

disgusting, and horrid forms, reign rampant: society has no guarantees, decency no protection, law no power, and virtue is extinct.

1213. Early rising is a crime against nature, unless it is preceded by an early retiring.

1214. The first step toward insanity is a growing and continued inability to sleep.

1215. If you are working or exercising for your health, stop before you are much tired, before you are "fagged out."

1216. Never eat when you are not hungry, nor drink when you are not thirsty; it imposes on nature.

1217. Never resist a call of nature for a moment; habitual constipation is always thus induced.

1218. The hard worker should eat thrice a day at not less than five hours' interval.

1219. Sedentary persons, after fifty, can do very well with two meals a-day; dyspepsia is thus cured sometimes.

1220. It is better to exercise an hour in the forenoon, as a means of health, and an hour in the afternoon, than two hours at once.

1221. If exercise is carried to actual fatigue, it does more harm than good.

1222. Drink but a small amount of liquids at meals, and these should be warm; if cold or large in quantity, dyspepsia follows.

1223. Presentiments are the mere coincidences of events with the previous multitudinous vagaries of the brain. At the advent of the Christian dispensation, the days of miracle and revelation ceased.

1224. Go to bed at a regular hour; leave it as soon as you wake up, and do not sleep a moment in the day time; this will give you all the sleep which your system requires, and it will be sound and connected within a week.

1225. Cultivate a generous and an accommodating disposition.

1226. Let your appetite always come uninvited, that is, never take anything to give an appetite.

1227. The God of nature and of grace is one and the same embodiment of benevolence, wisdom, and love; for

"We are the creatures of His power,"

His children and His heirs; hence the operations and the works of nature and of grace never war against each other, but act in harmony to the one great end,—the elevation and happiness of the human family: the laws of grace purifying the heart; the laws of nature, understood and practised, preserving the body.

1228. Sickness is the wise and loving discipline of life.

1229. The Bible is a balm in every human sickness if its principles are kept constantly in view as a matter of firm, religious faith; then the sorrows of life, its disappointments and its tears, will lose half of their bitterness, and the other half would soon be forgotten in the contemplation of the great truth, that "God is love."

1230. One part of oxide of iron and six parts of carbonate of magnesia, if mixed, and, with a rag moistened with water or alcohol, then rubbed until nearly dry on silver and gold, will remove from

them all their tarnish, and will give to copper and steel, and even iron, a beauty of polish which was never natural to them. Thus it is that the humblest things have their uses, and so also can the humblest talents and the most inferior capacities be employed to useful purposes in society.

1231. Said an eminent English jurist: "From eight to sixteen is the time during which the character is formed of nine tenths of all the criminals who come before me." Those parents are wisest who make a special and conscientious effort to weave a web around their children at that critical age, which shall keep them at home and win them from the street, by affectionate ways, kindly treatment, and warming sympathies; by intelligent forbearances, by generous allowances, and a cheerful, loving demeanour.

1232. As good sound sleep is essential to good health and bodily vigour, and as no one can sleep soundly with a hundred bed-fellow bugs sucking out his blood, it may be well to know that if a room is closed, every crack, crevice, and keyhole, and a quarter of a pound of brimstone is placed in the centre of the room in an earthen vessel for fumigation, in six hours there will not be a living thing left; but first remove coloured articles.

1233. The sleep we require during the night, and all that nature will take, is exactly proportioned to the strength expended during the day.

1234. Ice is delicious to the sick in summer. If kept in one lump in a pitcher which is securely enveloped with two feather pillows, it will last for a day or two.

1235. When you are at a hotel and retire for the

night, shut your door noiselessly, with your hand on the knob, and walk about the floor in your stocking feet, as in the adjoining room, or just below you, some invalid may be just falling into a refreshing sleep which is to turn the scale between recovery and death; at the very least, you owe it to any occupant to make as little noise as possible.

1236. We can better and more safely do without eating for a week than have no sleep for three or four days.

1237. It is early to bed, quite as much as early to rise, which makes a man healthy and wealthy and wise.

1238. Many reach mature age in the enjoyment of vigorous health; for half a lifetime they scarcely have known what pain is; the physician has not been called to their dwellings, for all this time they have eaten heartily, slept soundly, and have been cozily housed. During the bleak and dreary winter time they have been protected from the cold and storm, and their summers have been spent at the seaside or the springs, their whole lives seem to have been an uninterrupted joy, and no doubt they have deserved it. Those whose lives have been the reverse of all this may take it for granted that it is their own fault, or that it has been the ordering of a wise and loving Providence, as a means of making sure for us better things in the unending future, knowing that we could not have borne prosperity. Thrice happy is the man who, in humility, love, and trustingness, thus reads the providence of the Almighty. But sooner or later, when a man returns home at night or wakes up in the morning finding himself not so well as usual, he feels tired

and sad. The tea-table is as tidy as before. The children are as gladsome and as blithe as usual. The fire on the hearth burns as brightly as ever, but all these fail to wake up the echoes of a loving joyousness as of old. He retires to his bed with unspoken words. Sleep comes not, but instead there are restless tossings and the distant grumblings of approaching pains; and anon, the doctor is at the bed-side. We look in his face, but there is no smile of confidence and hope there; he makes a closer examination, but gives out no cheering word, and saying nothing, good or bad, makes an unsolicited promise to return in an hour. This is ominous. We begin to feel our firm foundations fail beneath us. The world, its pleasures, its appetites, its ambition, and its material interests, fade away from our vision. The system becomes more oppressed by disease, more racked with pain, and withal still sinking, sinking, sinking, we feel our own helplessness as we never felt it before, and to the Infinite One we stretch our withered arms for aid, and raise our feeble voice for succour, and He whose ear is ever open, and whose kind eye never sleeps, beckons us away to the land of the blessed.

1239. In entering any apartment leave the door as you found it.

1240. They are wisest and will live longest who habitually get all the sleep that nature will take.

1241. Those who cannot make themselves comfortable under ordinary circumstances would not be so under any other.

1242. Whatever of an undesirable disposition a man has to-day, without money, he will have to-morrow, however rich, to an exaggerated extent;

unless the heart be changed. The miser will become more miserly; the drunkard more drunken; the debauchee more debauched; the fretful still more complaining; hence the striking wisdom of the Scripture injunction that all our ambitions should begin with this: "Seek first the kingdom of God and His righteousness."

1243. Persons are constantly met who, in their families, are cross, ill-natured, dissatisfied, finding fault with everybody and everything, whose first greeting in the breakfast-room is a complaint, whose conversation seldom fails to end in a long enumeration of difficulties and hardships, and whose last word at night is an angry growl, and we feel at a loss whether to pity or to despise.

1244. A man who has a canker eating out his heart, will carry it with him wherever it goes, if it be remorse for crime or mortification for meanness; although worth millions, it will go with his gold and rust out all its brightness.

1245. Bodily health and mental comfort have on one another very powerful reactions. Cultivate health and a good heart, for with these you may be comfortable without a farthing; without them, never, although you may possess millions.

1246. Whatever a man is to-day with a last dollar, he will be to-morrow, radically, essentially, with a million.

1247. Many have a great horror of going out of doors for fear of taking cold, when the fact is, the very best way of fortifying the system against taking cold, is to be out every day, rain or shine.

1248. If persons are kept in the house because the weather is a little too hot or cold, a little too

dusty, or windy, or damp, they will soon find themselves confined to their own apartments from one month's end to another, confirmed invalids.

1249. A man is what his wife makes him.

1250. It is said of Queen Victoria, the most exemplary potentate of the century, that when at the palace, she rides every day ; when in the country, she every day walks, in all weathers ; if it rains, she takes an umbrella, and lets it rain ; if muddy, she wears thick-soled shoes.

1251. The worse the weather, the more need that sedentary persons should go out of doors for an hour or two ; first, because whatever the out-door air may be, the in-door air is but the out-door air contaminated with the fumes of cookery and a multitude of other things. Second, no one thinks of eating less to-day because the weather is bad ; but if we eat as much to-day, when we take no exercise, as we did yesterday when we took a great deal, there must be an imperfect digestion of food causing symptoms, more or less, of fulness, oppression, headache, weariness, nervousness, and a feeling of discomfort, generally.

1252. A good wife is the greatest earthly blessing.

1253. It is the mother who moulds the character, and fixes the destiny of the child.

1254. Make marriage a matter of moral judgment.

1255. Marry in your own religion.

1256. Marry into a different blood and temperament from your own.

1257. Marry into a family which you have long known.

1258. Never both be angry at once.

1259. Never talk at one another, either alone or in company.

1260. Never speak loud to one another unless the house is on fire.

1261. Never reflect on a past action which was done with a good motive and with the best judgment at the time.

1262. Let each strive to yield oftenest to the wishes of the other.

1263. Let self-abnegation be the habit of each.

1264. The very nearest approach to domestic felicity is in the mutual cultivation of unselfishness.

1265. Never find fault until it is perfectly certain that a fault has been committed.

1266. Let a kiss be the prelude of a rebuke.

1267. If you must criticise, let it be done lovingly.

1268. Never taunt with a past mistake.

1269. Neglect the whole world beside, rather than one another.

1270. Never allow a request to be repeated.

1271. "I forgot," is never an acceptable excuse.

1272. Never make a remark at the expense of the other.

1273. They who marry for physical characteristics or external considerations, will fail of happiness.

1274. They are the safest who marry from the standpoint of sentiment rather than of feeling, passion, or mere love.

1275. Always leave home with loving words, for they may be the last.

1276. Do not herald the sacrifices you make to each other's tastes, habits, or preferences.

1277. They who marry for traits of mind and heart will seldom fail of perennial springs of domestic enjoyment.

1278. Let all your mutual accommodations be spontaneous, whole-souled, and free as air.

1279. A hesitating, tardy, or grum yielding to the wishes of the other, always grates upon a loving heart.

1280. If one is angry, let the other part the lips only for a kiss.

1281. Give your warmest sympathies for each other's trials.

1282. The beautiful in heart is a million times of more avail in securing domestic happiness, than the beatiful in person.

1283. Never deceive, for the heart once misled can never trust wholly again.

1284. Consult one another in all that comes within the experience, observation, or sphere of the other.

1285. Whether present or absent, alone or in company, speak up for one another, cordially, earnestly, lovingly.

1286. Never question the integrity, the truthfulness, or the religiousness of one another.

1287. Encourage one another in all the depressing circumstances in which you may be placed.

1288. By all that can actuate a good citizen; by all that can meet the heart of pity; by all that can move a parent's bosom; by every claim of a common humanity; see to it that at least one party to a marriage shall possess strong, robust, vigorous health of body and brain.

1289. Many a time husband and wife, like other

children, get into a furious quarrel, when a chance and chatty visitor coming in disperses the cloud and they forget all about it, hence frequent social, friendly calls among neighbours is humanizing and healthful.

1290. It is not so much the late dinner that is pernicious as the quantity, and even if it has been a hearty one, but good, it would leave no hurt behind if the next four or five hours were spent in joyousness with neighbours, friends, or family, the last always the happiest and the best.

1291. The soft, low voice of a woman is the index of cultivation and refinement.

1292. An intense hunger at other times than the regular meals, especially if just before, and coming on daily, is proof of a dyspeptic condition of the stomach, and should be firmly resisted.

1293. To have the comforts of life assured without a peradventure, so as to relieve the mind from the care of providing daily bread, and to be free from all anxiety for future sustenance, is an important element in securing length of days; with these guarantees even the frail and feeble live long.

1294. A man will no more sleep well if he goes to bed very hungry, than if he retired on an excessive meal: in the former case it would be better to eat a few mouthfuls.

1295. "Let us have peace," was the closing sentence of the greatest soldier of the age in his inaugural address as President of the United States; recommending also that all differences between nations should be settled by arbitration. Twenty-four times has the United States done this since 1794, introducing also in all treaties to be

made, if possible, a clause stipulating that neither party shall declare war against the other without first admitting to a court of arbitration. If all European nations should adopt this principle, six million soldiers who now idle away their time in barracks would be put to useful and remunerative labour with the result of adding many millions to the national wealth every year, relieving women from the necessity of working in the fields, and giving them that time and opportunity for the care and training of their children, which would elevate and change for the better in many other ways, the whole framework of society, and then would the nations not learn war any more.

1296. The "self-made man" is a term applied to one who by force of character and unaided has risen to prominence in his calling, when the fact is every man is what he makes himself; the misfortune is that so many are of no account after they are made.

1297. A man who is well ought to be happy; but it is the privilege of the good to be happy, although they are very far from being well.

1298. The spare bed of the guest-chamber should never be made until within an hour or two of using, each covering having been exposed to the sun or to the kitchen fire, for bed-clothing will gather dampness. From this cause Lord Bacon died.

1299. A man cut his throat, but after losing a quart of blood, besought his wife in the most piteous terms to send for the doctor; the brain had been relieved of the pressure which had occasioned the despondency and suicidal insanity, and the mind resumed it healthful functions. In lesser

forms of depression of spirits immediate relief would follow an active emetic of a teaspoonful each of salt and ground mustard, stirred quickly in half a glass of water, and drank down; the effort and strain of vomiting drive the blood to the extremities and to the surface of the body, and thus relieve the brain.

1300. An impressive fact to the young has come out in the great trial of the century: the number of persons—and some of them of considerable prominence—who on the witness stand have been compelled to make the most humiliating statements in reference to transactions in earlier life, showing in the strongest light possible, the wisdom, the importance, and moral beauty of the Scripture injunction, "Make straight paths for your feet," in youth.

1301. In the history of those who have reached adult life, there are times in which it would seem as if the heart were almost ready to break with apprehensions which cannot be even intimated to others: with reverses of fortune which destroy ambition; courage, hope, endurance, all gone; the brightest sky is ink; and cheery faces and laughing lips and sparkling eyes, by their contrast, are but harrows dragging through the heart-strings; or it may be that remorseless death has struck its fiercest blow and left us standing alone, the last tie severed, the last link broken, and we want to die, but cannot. No tear comes to the relief of the burning eye-ball; no human being utters a sympathizing word; the whole world is an iceberg, and the best friend on the planet would be a bottomless ocean to engulf us from mortal sight for ever. But

cheer up, poor soul, time soothes all sorrows; the sun will shine to-morrow, and it will all come right in the morning.

1302. As the greatest number of sweet-scented flowers are white, so in the moral world do sweetness and purity go together, and happy are they who in early life cultivate the ambition to build up and maintain a character "not having spot, or wrinkle, or any such thing."

1303. A full cold-water bath should be taken either before breakfast or not within two or three hours after a regular meal, never in a tired or heated condition, nor immediately after drinking cold water.

1304. A most refreshing exhibition of primitive frankness of character, is found in the case of a coloured man, who had slipped off from the army near Fort Donelson, and making his way on board a passing steamboat, was found beside the smoke-stack, sitting on a bundle of dilapidated home-spun, trying to warm himself.

"Were you in the fight?"

"I had a little taste of it, sa."

"Stood your ground, did you?"

"No, sa, I runs."

"Run at the first fire, did you?"

"Yes, sa, an' would have run soona, had I know'd it was comin'."

"Why, that wasn't very creditable to your courage."

"Dat isn't in my line, sa; cookin's my perfesshun."

"Well! but have you no regard for your reputation?"

"Reputation's nuffin to me by de side of life."

"Do you consider your life worth more than other people's?"

"It's wuff more to me, sa."

"Then you must value it very highly?"

"Yes, sa, I does; more dan all dis world, more dan a million dollars, sa; for what would that be wuth to a man wid de bref out of him? Self-preserbashun is de first law wid me."

"But why should you act upon a different rule from other men?"

"'Cause, sa, diff'rent men sets diff'rent value upon derselves; my life is not in de market."

"But if you lost it, you would have the satisfaction of knowing that you died for your country."

"What satisfaction would dat be to me, when der power of feelin' was gone?"

"Then patriotism and honour are nothing to you?"

"Nuffin' whatever, sa."

"If all our soldiers were like you, our Government might have been broken up without resistance."

"Yes, sa; der would have been no help for it. I wouldn't put my life in de scales 'gainst any gubernment dat ever existed, for no gubernment could replace de loss to me."

"Do you think any of your company would have missed you, if you had been killed?"

"Maybe not, sa; but I'd a missed myself, and dat was de pint wid me."

"Then patriotism and honour are nothing to you?"

"Nuffin whatever, sa; I consider them as among de vanities."

1305. Charcoal decolorizes and deodorizes de-

caying matters and offensive gases; permanganate of potash and ozone oxidize, burn up dead organic matter, but do not destroy living animalcules, germs, vibriones, and the like, which are best exterminated by carbolic acid or cresylic acid.

1306. In taking their summer recreations, those who have good health can safely patronize almost any place of public resort, but those who are infirm or invalids should wisely discriminate: persons troubled with any disease of the throat and lungs, except asthma, should avoid all sea-shore or lake-side or prairie localities, for the damp air and the cold chilling winds after rains never fail to aggravate the maladies; asthma is an exception, because in some persons it is ameliorated by a damp atmosphere, and in others by a dry location; some are relieved by going to the country, others by moving into the city, each must be a law unto himself; warm, flat localities debilitate consumptives, while the purer, cooler air of the mountains give tone and strength to the system. As a general rule invalids are improved by mountain air, and where there are rapid, clear water streams.

1307. The language of a man is a reasonably good index of his character: the trifler abounds in slang words and slang phrases; the vulgar and low-bred use most glibly the depreciative adjective; they revel in the expletives of liar, scoundrel, swindler; the educated, the cultivated, and the refined, speak softly, quietly, gently, every word is uttered with composure, even under circumstances of aggravation; if annoyed, their severest reproof is expressive silence; and always they maintain their self-respect.

1308. Gutta-percha penholders are said to prevent writer's cramp.

1309. Anodynes, narcotics, cough mixtures, and lozenges are practically useless, and but too often increase the debility and hasten the fatal end. The best method of easing cough is to resist it with all the force of will possible, until the accumulation of phlegm becomes greater; then there is something to cough against, and it comes up very much easier, and with half the coughing. A great deal of hacking, and hemming, and coughing, in invalids, is nervous, purely nervous, or from the force of habit, as is shown by the frequency when thinking about it, and the comparative rarity when the person is so much engaged that there is no time to think about it, and the attention is compelled in another direction.

1310. If you throw a piece of paper, or a stick on the floor, or toss it in some corner, some one else has to pick it up. No one has a right to impose useless labour on another, and yet, thousands of men do it every day, on hard-working, tidy wives, by stalking into the house without wiping their feet on the door-mat.

1311. A stream of cold water poured continuously on a sting, will remove pain, and cure it in a short time; then keep it cool for a day or two.

1312. More by myriads die of under-work than over-work.

1313. A child will do more to maintain a reputation, whether for vice or virtue, than to earn it, so great is the natural inherent love for distinction.

1314. A public speaker will be better heard and be less fatigued, if he enunciates deliberately, and

gives each word and syllable a clear cut sound, than if he speaks more rapidly and in a louder voice.

1315. Lean people endure much and live long; it is the ruddy, and the florid, and fleshy who die early and with short warning.

1316. In all sudden alarms in public places, time is never lost by standing perfectly still and quiet and taking a deliberate survey of the situation.

1317. In a French theatre, the humidity of the atmosphere increased from fifty per cent., which is healthful, to eighty per cent., by the end of the play; the temperature increased fifty per cent., while the carbonic acid in the atmosphere was six times greater at the close of the performance than was natural, being four and three tenths per thousand. This shows the necessity of compelling outdoor air into crowded public buildings by machinery, this is done in the British House of Parliament, and in the Fifth Avenue Presbyterian Church, New York,—the only house of worship thus arranged in America,—and is well worthy of imitation.

1318. Deposition of stone or gravel in the gall or urinary bladder or passages may be arrested and the stones softened or melted away by drinking no other liquid but milk, and using no bread or water but rice, as bread and water contain lime largely; rice, milk, meats, fruits, and berries none.

1319. Perhaps the safest and most instantaneous emetic known, is a teaspoonful each of salt and ground mustard stirred quickly in half a glass of water, and swallowed promptly; almost as instantly is any poison taken into the stomach vomited up.

1320. Soft water, whether rain or other kind, not containing any form of lime, becomes poisonous in

passing through leaden pipes; if the water contains lime a coating is soon formed on the inner side of the pipe which is impervious, and becomes a perfect protection against the lead being acted upon by the water; iron pipes are perfectly safe, they clog up with rust, and may be eaten through by it, but then they can be renewed; pipes made of any two metals immersed in water are always poisonous, making a galvanic or voltaic battery through chemical decomposition; metal pipe may be lined with tin, but if there is a break in the coating, by violence, or imperfection, or any other cause, there is a poisonous decomposition, and the risk is too great, for a whole family might be destroyed in a week after the accident which made the break. Block tin pipes, earthenware, glazed or glass or wooden pipes are always safe.

1321. There are 240 volumes of carbonic acid in 10,000 volumes of air at a height of 2,000 feet, and three volumes at 3,000 feet, showing that the air on the earth is better adapted to the uses and needs of man, than that above.

1322. Ashes and iron feed the flowers and add to the brilliancy of their hues; even the white are made whiter. Man also feeds on iron, which has been held to enrich the blood and give redness to the cheek; there seems to be no waste in nature, even the old rusty nail can be utilized, and the sweepings of the fire-place beautify the rose.

1323. Drunkenness is such an insufferable despotism, that not more than one in a million has force of character enough to break the fetters and live thereafter a free man. The father of the distinguished divine, Newman Hall, cured himself of

habitual drunkenness, by taking night and morning, for several months, the following preparation: five grains of sulphate of iron (copperas), ten grains of magnesia, eleven grains of peppermint water, spirit of nutmeg one drachm; it prevents that physical and moral prostration which follows the sudden leaving off of the accustomed dram.

1324. It is a valuable rule of universal application, that if in doing anything discomfort follows, cease at once; it is useless to fight against nature; even if walking tires, every additional step is an injury. Newton complained, that the study of lunar irregularities "makes my head ache;" and when he persisted in it against medical advice, such severe illness was induced, as to cause mental derangement; pain is nature's appeal to desist; persistence always makes a cure more difficult and doubtful.

1325. Never reprove in the presence of a third person; it repels rather than inclines.

1326. On slippery places, take short steps and slow.

1327. Large prizes have been offered for the most certain method of determining whether death has actually taken place: one of five thousand dollars three years ago by the Marquis d'Ouches, whose benevolence of heart makes his name worthy of mention. Among those proposed was to raise a blister by the flame of a candle; it would yield a fluid on puncture if there was life; only air, if death had taken place. Lorcher observed in nine hundred cases, a shaded and greyish spot, first on the outer portion of the white of the eye, gradually extending over its whole surface. Ponce noticed a general

decoloration of the base of the eye, which in life, as seen by the ophthalmoscope, is an intense red, changing in death to a yellowish white. Mr. Holland proposed cadaveric lividity of dependent parts of the body, as observed in sixteen thousand subjects; this generally appears very soon after death. A polished needle stuck into the flesh is moistened if there is life; if not, it is as bright as before. Tie a string tight around a finger; if there is any circulation whatever, the skin distends and blackens or reddens. Monteverdi alleges that the most certain sign of death is produced by injecting hartshorn under the skin, causing a wine-red colour of the skin if there is any life; if not, there is no discolouration whatever.

1328. All head-aches are caused or aggravated by cold feet, costive habits, and irregular eating; if the removal of these does not cure, a physician should be called, for there is danger ahead.

1329. In France, a current of air is shunned as if it were a sirocco of the desert; a draught of cold air on a person in a still position is more dangerous than the foul air of any ordinary apartment or public vehicle. The rule should be imperative: keep in motion if the wind is blowing on you.

1330. In an ordinary public conveyance there is a difference of twenty-five degrees between the upper and lower air; hence as it is of greatest importance to keep the feet warm, it would be better to wrap a shawl around them than around the shoulders.

1331. The cimex, like rats, cannot live where there is perfect cleanliness;—"cimex" is the scientific name for bed-bug, cleanliness is its death.

1332. American family life is unmistakably dull, unless neighbours or visitors are present; the individual members do not seem to feel under any obligation to interest or amuse the others; there should be more visiting, a greater interchange of social intercourse. It might be arranged, especially of long winter nights, that the younger members at least should go somewhere two or three times a week; and one night in a week "receive" at their own homes, making a common effort to devise some new source of amusement at every gathering.

1333. Two new parlour amusements are thus described. Two players are closely blinded with a bandage made of their pocket-handkerchiefs. Each one is provided with a saucerful of cake or cracker crumbs, which is held in the left hand, and a spoon, which is held in the right hand. A sheet is spread upon the floor, upon which the players sit, and at a given signal they begin to feed each other. Their efforts to find each other's mouths with their spoons never fail to afford much sport. Another amusing experiment is to try to blow out a candle blindfolded. The candle is placed upon a table, up to which a player is led; he then walks back six steps, turns round three times, and walks forward as nearly in the direction of the candle as possible, and tries to blow it out. If he happens to wander to the wrong part of the room, the effect of the blowing is very funny. There is an out-door amusement, irresistibly ludicrous: place a stake or tree near the water's edge; blindfold half a dozen persons, each provided with a wheel-barrow, some thirty or forty yards distant from the tree: he to

have a prize who hits the tree with his barrow, he to pay for it who strikes the water.

1334. A car-load of passengers throw off into the atmosphere about them two pounds of solid and gaseous impurities every hour; and as the doors and windows are generally closed while in motion, persons would do well to leave the car and walk on the platform at every station.

1335. One of the most impressive illustrations of the demagogism of our public men was given, when the Congress of the United States passed the "Eight-hour law," which expressed the idea that labouring men ought not to work more than eight hours a day; that a man should be paid enough money for eight hours' work to support himself and family; and that he ought to have the time beyond that for rest, recreation, and improvement. The practical effect was that as the price of labour increased, the price of everything else increased in the same proportion, and the labourer was no better off than he was before. In addition, the people by degrees began to see that a man could not do a day's work in eight hours, and consequently refused to pay them for what they did not do; would not pay them for ten and twelve hours' work when they worked only eight hours. Moneyed men refused to embark in enterprises which required labour, and invested their means in mortgages or government securities. One gentleman alone, in New York, declined building to the extent of one million dollars, on the ground that a man could not do a day's work in eight hours. Merchants and bankers, lawyers, clergymen, and physicians in any great city have to work nearer sixteen hours a day than eight.

Multitudes of them are found hard at work in their places of business long after dark, and very often until near midnight; and there is no reason why a mechanic should be less favoured, especially as nine out of ten of them spend the hours beyond eight, not indeed in study, or reading, or helping their wives at home, but in idle gossip at street corners, grocery stores, and beer-shops.

1336. To wash the hands and feet just before going to bed, leaves a feeling of satisfaction and comfort well worth the trouble.

1337. About one quarter of all "bitters" sold as medicines contain thirty per cent. of alcohol, while the purest brandies and best whiskies contain less than fifty per cent.

1338. Diphtheria has been cured by taking quinine to the extent of its causing deafness or a ringing in the ears, when the membrane or exudation loosens, or detaches itself, and the appetite and strength begin to return. A boy of fourteen took sixty-four grains in forty-eight hours, before the ringing commenced, but soon recovered his health.

1339. There is very little luck in business success: the man who achieves a fortune, a good name, and a serene old age, in pointing out to you the chart of his life, will show that his way has led through the toilsome, dusty road of economy, self-denial, and diligent, persevering, persistent painstaking, so as to insure that everything should be well done, and at the time and price promised.

1340. There is no despotism more absolute than the despotism of democracy; as witness trades-*unions* beating and killing men who are willing

to work for what they can get rather than be supported by the earnings of others.

1341. The immortality of the soul is in striking contrast with the evanescent nature of the body; it was so deeply impressed on the mind of the Jewish people, as to have been taken for granted, as a matter of course, and therefore seldom stated; just as it would be considered unnecessary to say that "snow is white," although reference may be made to that fact in an indirect manner, which makes it really stronger, as in the assertion, "I am the God of Abraham, and the God of Isaac, and the God of Jacob. God is not the God of the dead, but of the living," which indirectly amounts to the assertion, that these men were living in the Saviour's day. Where that undying part resides, is beyond our present knowledge; it has been usually referred to the brain; but as a man winds up his watch sometimes unconsciously, or can play on the flute or a piano with his fingers, while he is thinking or talking of something else, it would seem that there is intelligence in the nervous system as well as in the brain. This we do know, that the living soul entered Adam with a breath, and that with the breath it leaves all of Adam born; "the breath of life," its connection with the soul, we cannot fathom now, but may "know hereafter." Meanwhile we must be content with the fact that life, life eternal, immortality, has been more clearly brought to light by the Gospel. Without the faith of this future existence, it would seem that man would actually die under the depressing influence of the doctrine of annihilation and we "would be of all men the most miserable."

1342. It is worth more than diamonds pure and costliest diadems, to have an abiding and implicit faith that there is a Providence in all the affairs of life, however adverse the seeming.

1343. It admits of demonstration that the gases of soil pipes will ascend through the water in the syphon traps, and will in time perforate the leaden pipe at a point in the bend which the water does not touch; hence traps should be made with a longer column of water, a foot at least, and in addition there should be a pipe leading from the soil-pipe or sewer, to the flue in the chimney connected with the kitchen fire, where there is an upward and outward draught at all seasons of the year.

1344. It is greatly to the credit of the beautiful city of Baltimore, that drawing is taught to 20,000 children in the public schools; it is an art which cultivates accuracy of observation, judgment, and comparison; it is a constant source of pleasurable amusement at home and abroad; from sketches taken in travel, it brings to vivid remembrance in after years what was most impressive in the journey; and may be made of practical pecuniary value in almost every department of business, in conveying accurate, definite information, and of a kind not to be misunderstood, as verbal and written descriptions often are.

1345. Vineland, New Jersey, has a population of ten thousand; there is a clause in every deed forbidding the sale of liquor. During six months no citizen required any assistance from the overseer of the poor. During one year there was one indictment, and that for a little fight between two

coloured persons; there were but three fires, and only one house burned; the taxes are only one per cent., and there is no debt; the police expenses are seventy-five dollars a year. A little town in New England, of less than ten thousand inhabitants, maintains forty grog-shops; a police judge, city marshal, assistant marshal, four night watchmen, and six policemen, are necessary for the protection of the peace of the town; four fire companies of forty men each, costing $3000 a year, are called out on an average every other week; it costs $2500 a year to support the poor, and the township owes $120,000; this striking difference between two towns, one of which permits the sale of liquor and the other does not, is a most impressive commentary on the value of the prohibition of the sale of liquors to the people.

1346. Not only is green paper for walls poisonous, unless kept well varnished or painted, but red papering also, because the material used to fix the red colour contains arsenic, as well as green paper, carpets, and curtains. It is very certain that hard-plastered walls are healthier for chambers than those which are covered with paper, whatever the colour.

1347. Useful men, good men and women, are often taken away in the very midst of their usefulness, and often too at such critical times, that we feel as if we could not do without them, and notably clergymen, and missionaries, and other co-workers in the cause of religion; but somehow or other, it always turns out that their places are supplied, sooner or later. Still we wonder why they should have been taken away; this we know, that there

are other worlds; they may be inhabited, and "the Lord hath need of them," either there, or in this world, as messengers to do His bidding in the armies of heaven, or amongst the inhabitants of the earth. Gabriel was Daniel's angel, and the angel of others, and sometimes when his work was more difficult than he expected, or took a longer time, he would be occasionally hurried, just as men are in this world when short of help; it seems almost that it was his business, in a sense, to answer prayer. All these things come to light, in the tenth of Daniel, and as the world gets older and better, there are more prayers to be heard, more messengers, angels, whose services are to be called into requisition, since the government of the Almighty is one of instrumentalities, and to be an instrument of His, to be a willing servant, is the highest bliss. So when the good and pure, and cherub children are taken from us, we may find refuge in the consolation that "the Lord hath need of them."

1348. After all the hard work of the last two hundred and fifty years, the world has not got rich enough, not got ahead far enough to feed itself four years, if every human being were to stop work from this day out. So a man who in fifty years makes enough to live upon for the remainder of his threescore and ten, "beats the world."

1349. Money lent at high interest generally stays lent. Hence those who have but little to lose cannot afford to run the risk; yet such are oftenest tempted to do so, and pay the penalty of a life of penury and privation ever after.

1350. I know a man who, up to fifty-five, took coffee every morning, and tea every night, with

large proportions of cream and sugar; one morning he suddenly concluded he would cease the use of coffee as a habit and would take tea without cream or sugar; ten years later he never fails to stir his tea with a spoon; sometimes he catches himself in the act, and ceases instantly. A clergyman shaved himself before a looking-glass on the mantel; noticing its absence one day, he complained to the housemaid of her neglect. "La! master, I thought you did not need it, and have not put it there for three weeks." A man writes his name in precisely the same way at fifty as at twenty-five; we may call it habit, but that is not an explanation; is there instinctive or mechanical intelligence in the nerves, outside the brain?

1351. Intestinal paralysis has resulted from the use of ambrosial hair dye, the element of lead causing the difficulty.

1352. Common itch is caused by a microscopic insect eating into the skin. Cover the part with sweet oil, and the disease is cured; as the insect breathes through its skin, the oil plugs up the pores and death follows from suffocation. The mildew of plants is destroyed by sprinkling over them a mixture of two thirds water and one third molasses; the water evaporates and leaves a thin film of sugar, or varnish, which stops up the lungs of the plant, and it would die in a few days if the rain did not wash it off. A child was covered with gold-leaf, for a public occasion, but came so near dying in a few hours, that the authorities ordered its removal, so nearly alike are plants, animals, and man.

1353. It is well to bear in mind that while the pulse of a healthy adult is from sixty-eight to

seventy-two beats in a minute, healthy breathing is about one fourth of that, or from sixteen to eighteen times a minute, but this must be noted while the person is unconscious of it.

1354. The railroads of this country have cost near two thousand millions of dollars; if left without repairs for ten years, they would for railroad purposes be worthless. But the heart, the pulse, the whole human machine, does its own repairs as it goes along, and works steadily from infancy to fourscore, thus "wonderfully are we made."

1355. There is a species of ribbon-grass, no two spears of which are precisely alike. But men and women have been found to have such a close resemblance as not to be distinguishable by sight; but the photograph of the palm of the hand, taken in a strong oblique light, is peculiar to itself, and is never like another's, hence is a perfect identification.

1356. Persons are sometimes needlessly disturbed, by noticing that the pulse or heart looses a beat in every three or four or more; persons having good health have noticed this for many years in succession, and later in life nature has made the rectification. Talleyrand's pulse intermitted one beat in every six, and he interpreted it to mean that the heart in consequence had one sixth more rest, gave him one sixth more vigour, and that it would give him one sixth more of life. He died at eighty-five.

1357. The quickest way to bring about a reform among the poor, the vicious, and the thriftless, is to make reform pecuniarily profitable. Multitudes of drunkards are made every year in restaurants, and

eating-houses, and lunch rooms. Let the public know where a cleaner and better and cheaper meal can be had than at places where liquor is sold or given away, and those places will be patronized by high and low; such are the Quaker dairies in New York.

1358. The abnegation of trades-unions is the shortest road to low prices and good times.

1359. Persons subject to lead colic should never eat anything without having on leathern gloves, and at each meal should take half a glass of sweet milk; for the gloves prevent any particles of lead being conveyed by the hands or from the finger-ends to the food and passing into the stomach, while the milk antagonizes the poisonous effect of any stray particle finding its way there.

1360. Captain Nares, of the expedition to find Sir John Franklin, states that when the men of his party, on leaving the tents on an exploration, had the choice of tea or grog, every one preferred the tea, instinct teaching them in those arctic latitudes where the thermometer was sixty-two degrees below zero, that tea kept them warmer, sustained them longer than spirits; and more recent chemical observations show that alcohol lowers the heat of the body, hence ought not to be taken to "warm up."

1361. There is a very general impression that hardships and exposures toughen the constitution and make it more capable of endurance; but on an occasion when a ship was sent to Greenland to find an exploring party who had not been heard from for two winters, on their being found it was discovered that the new comers bore the cold

much better than the old ones. It is with men as with cattle, those who are housed best and fed most liberally thrive best and can do the most work.

1362. The pathway of human improvement approaches the infinite; by science applied to the burning of coal, there is an amount of power expended, of work done daily, equal to that of a hundred millions of men; that is, steam does as much work every day in Great Britain, as could be done by that many men in the same time, or twelve times as much as before the days of steam. Ten years ago, a vogage from Liverpool to Calcutta required a hundred and twenty days; now, a steamer by the Suez Canal can pass the distance in thirty days; within the same time there has been a saving of coal of one tenth, by the improvements made in steam-engines, giving more room for goods, at a less cost of freight.

1363. Sometimes great men have to work on without apparent result and against opposition, and even "die without the sight," yet unshaken in their faith and unswerving in their sense of duty. This is moral heroism of the highest type; so it is in some forms of disease requiring patient persistence, with almost no advances to encourage. Charles Sumner's case is a strong illustration, but success came after years of brave endurance.

1364. The present Earl of Shaftesbury refused a government appointment with a salary of a hundred thousand dollars a year, because it would interfere with his efforts in the House of Lords for the amelioration of the condition of operatives in factories. Here is one of nature's noblemen, to be

classed with Howard and Peabody and Bergh,—men of grand aims and generous hearts.

1365. A London druggist writes that he has in a short time received from his customers the following orders. All medical prescriptions should be written out in full, in plain English.

What was written.	*What was wanted.*
Conservative Roses,	Cons. Rosæ.
Bold Harmony,	Bole Armenia.
Cast Iron Sope,	Sapo Castil.
Linctified Naptha,	Naphtha Rect.
Vigorous Turpentine,	Tereb. Venet.
Sweet Nighter,	Spt. Æth. Nit.
Barrax of Hunny,	Mel. Boracis.
Stincho of Rhubarb,	Tincture of Rhubarb.
Oblong Tea,	Oolong Tea.

1366. The old time school education is constantly becoming less valuable as the diffusion of knowledge becomes more general. A larger number now start even in the race of life, but they will always come out ahead whose training was most successful in learning them to think for themselves by throwing them on their own resources, and planning their own ways out of difficulties, on the old time principle that necessity is the mother of invention.

1367. If society has a right to separate convicted criminals from intercourse with it for a season or for a lifetime, the question will present itself in the near future, that, as in the light of the fact that vile passions and crime are hereditary, does not society owe it to itself to prevent such perpetuation by permanent seclusion or surgical interference.

1368. Warts should never be cut or picked; they

may be removed without leaving a scar, by rubbing them night and morning with a piece of muriate of ammonia, moistened.

1369. Two very great changes are quietly and steadily going on in conection with the practice of medicine. A quarter of a century ago we wrote that he was worthy who could best cure disease, but he was worthier and greater who did most to prevent it; then and there we entered on its teachings, and now sanitary science, which means the prevention of sickness by rational means in the individual, in families, and in communities, is taking the first rank in medical inquiry, and is engaging the attention of the best minds in both hemispheres. The second change is the gradually less frequent resort to medicine, and a greater tendency to preserve the strength of the patient by meeting his symptoms with nourishing food. On this ground is the introduction of "Koumys," fermented asses' or mares' milk, for the cure of consumption and all diseases requiring nutrition, and the employment of chocolate, a dessert spoonful in a cup, for diarrhœa, repeat as desired.

1370. To a great extent, crime descends from parents to children by inheritance; so do vicious practices, propensities, and predilections; hence it is no wonder that all nations in all ages have respected family connection in proportion as it has been long and honourable.

1371. "Koumys" may soon become a very familiar word, as it means that milk can be medicinally used to very great advantage in the treatment of consumption, dyspepsia, and various forms of neuralgia; it is essentially fermented milk in one

of three stages: the young, the middle, and the old; one of the most constant effects is the increase in nutrition, the fermenting process adding three new substances to the milk: carbonic acid, lactic acid, and alcohol. It has been known in Russia and among the Tartars for a century, and is most highly esteemed as a remedy in various lung affections. Grier, who as a surgeon in the Russian army had a good opportunity of studying the subject, first directed the attention of England, his native country, to its remedial effects in 1873, and Schnapp in France.

1372. A newly laid egg is full, but every hour it becomes less and less so, by the escape of the internal liquid through the porous shell, which lightens it, causing it to rise in water. If to a quart of pure water four ounces of salt are added, an egg a day old or less will sink to the bottom, and is fresh; if three days old, it is stale and will float; if five days old, a part of it will project above the surface of the water; these differences are more decided as the weather is warmer. An egg dipped in glycerine, or liquid glue, or gum arabic, or varnish, will have its pores closed, hence will keep fresh a long time in a cool place.

1373. One of the most just and merited benevolences of the times, in reality a debt, is the ample support of clergymen and their families who are in necessitous circumstances after having devoted their lives to the preaching of the Gospel.

1374. Hallucinations are sometimes cured by humouring the patient, rather than by endeavouring to reason him out of them. A poor woman thought she was possessed of a devil. Dr. Priestly caused

her to stand on a block of glass, and with some mystifying manipulations gave her a tremendous shock of electricity. "There! I saw him go off in a blue flame, but he gave me such a jerk." A man thought that his nose had a glass bottle growing on it, and wanted the doctor to take it off; he was required to close his eyes until he could count sixty, this wholly preoccupied his mind; holding a bottle near the nose with one hand, the doctor gave it a violent blow with his cane in the other, the patient paid his fee and went off perfectly satisfied.

1375. It is not the number of any society or church which tells on its influence for good, but the weight of character belonging to each individual.

1376. A business friend who came to New York from Albany a poor boy, and was able to retire before he was forty-five, in answer to the question how he succeeded so well, replied, "I always saw for myself that my orders were executed; I never trusted to others."

1377. Contempt is frequently mutual; when a man knows a thing is true, although he cannot give a reason for it, and you pronounce it "ridiculous," "absurd," because it seems to you irrational, he has the advantage of you. An old woman advised a friend who had for many years been subject to attacks of erysipelas about the face and head, to wear around her neck green glass beads on a silken string, with a silk bag filled with powdered brimstone attached; it was done, and there was no attack of the disease for twelve years, when the lady died of some other malady, aged seventy-two; the old woman spoke from her own personal individual experience; and now a physician writes he had not

known a failure of good results, in similar cases, in twenty years; lately, a man states that he had been cured of painful rheumatic gout, by having the legs of his bedstead stand in the bottom of porter bottles. There is one principle running through both these cases; the glass beads, the silk thread, the silken purse, the brimstone, the porter bottles, are all remarkable non-conductors of electricity; they prevent its being carried away from the body; it may be found in time, that many diseases may be cured by conveying electricity into the body, or preventing it from going out, although this must be very gradually done, for if it is brought about in a hurry, as by a stroke of lightning, the consequences might not be wholly agreeable, although very prompt in ending the suffering.

1378. The new medication, transfusion of blood, has four branches: 1. Transfusion of defibrinated blood. 2. Mediate transfusion with pure blood. 3. Immediate transfusion from vein to vein. 4. Immediate transfusion from artery to artery. The present promise is, that it may become an important addition to the means of curing various diseases. Then again, hypodermic injections have been introduced, by which medicines injected under the skin have a more rapid and powerful remedial effect than when swallowed into the stomach. But the greater point after all is, not to get sick. This is certainly practicable to a great extent, for three-fourths of all ordinary diseases are avoidable, arising as they do from various forms of filth of person, clothing, habitation, and domicile surroundings.

1379. The annual product of this country is seven thousand millions of dollars, which divided among

its forty millions of inhabitants gives a hundred and seventy-five dollars a year to each, out of which must be paid all taxes and cost of clothing, shelter, eating, and fuel; no wonder then the mass of mankind must toil all the days of their life; but if all were to keep well, as they could do, if health were reasonably cared for, almost half the work, intelligently performed, would accomplish as much; hence, every idler, every gentleman loafer, every man who earns nothing, makes nothing, makes some other brother man work the harder for his benefit; is this right?

1380. In the progress of knowledge, it is not unreasonable to hope for the good time coming when perfect health shall be the rule and sickness the exception, and when the almost universal ending of life, except by accident, shall be old age, and when every one will go down to the grave "like as a shock of corn cometh in his season."

1381. The whole system of the education of children, whether in public schools or by private tuition, is founded on a basis which is ruinous to the physical and detrimental to the mental constitution; it makes study laborious and cultivates bad habits of thought; while the brain is fragile and watery, it should not be strained; all study should be made easy, information should be communicated more by sight, and not by letters and reading, earlier than seven years of age; and even thereafter children should be instructed as much as possible by drawings and sketchings, while the imagination could be exercised by designing, thus helping them to give mechanical form to their thoughts.

1382. A cubic inch of gold, which measures an inch each way, is worth about a hundred and fifty dollars; a cubic foot, a quarter of a million; a cubic yard, seven millions; a room twenty-three feet each way, would hold all the gold now in the world, outside of the mines; yet good health, with a good heart, is worth more than all this treasure, but we daily risk it for the millionth part of the gold.

1383. A house which has been unoccupied for even a week should never be moved into without kindling fires to burn day and night for several days, with doors and windows opened, so as to allow all odours and gases to escape, and to dry all the walls and wood-work most thoroughly; especially ought this to be done if beads of water are noticed on the plastering anywhere; the least observant know that the rooms of a house have a damp, musty, heavy, dead atmosphere, even if shut up for a very few days, in the finest weather.

1384. Physiological mathematics, a phrase not perhaps used before in any writings, might, with incalculable advantage to human health and well-being, be made a branch of common school education. Instead of the dry sums of addition, multiplication and division of numbers of quantity, an immense amount of practical knowledge of a sanitary character might be stored up in the minds of children thus: half a cubic inch of oxygen is consumed at every breath; we breathe in health, sixteen times in a minute, how long will it take to consume all the oxygen in a room holding twenty-four feet? If a scholar breathes seventy cubic feet of air in four hours, how many cubic feet will a

hundred require in four hours? Questions like these would make children familiar with the most vital truths in sanitary matters, and they would never be forgotten.

1385. A few live fish, pickerel or trout, will keep a well or cistern entirely free from worms and bugs.

1386. There is a fundamental error in the system of public school instruction. For as now conducted the ambition of the pupil is circumscribed to the one point of making a recitation without a mistake, the next day the lesson is almost forgotten; the memory is mechanical, there is no love of study, no pleasure in it, it is nothing short of a repelling, painful task, while it should be made a pleasure, a mental feast. There should be less use-made of books, more of the blackboard; knowledge should be made to come through the sight of objects real or drawn or sketched; there is an immense amount of nerve force wasted in endeavouring to give form to what is read or described, overtasking the brain, and exceedingly debilitating to the whole being.

1387. An office-holder in Washington wrote that his health was giving way, that the responsibilities of his position were such that he could not get to sleep until towards daylight, and that he did not average two nights of good sleep in a month. With some other incidental advice, he was counselled to embrace an opportunity of an electioneering tour in New England. In less than two weeks he could sleep ten hours out or the twenty-four, could eat most extravagantly, and in all other respects was a new man. The question is, is he not paying too

much for his office? He is killing himself by inches, as are many others, in similar positions of responsibility in every department of business, when the remedy is just at hand: an out-door occupation.

1388. A tooth may be filed down to the gum without pain, if a piece of cotton dipped in ether is laid first on the tooth and then on the file; if a nerve is exposed, dip a bit of wood in nitric acid and touch the end of the nerve with it.

1389. As the ages roll on, not so many children are born, but more survive to man's estate in consequence of a more general diffusion of the knowledge of the laws of life and health, as well as that the effect of a greater intelligence is to elevate to higher and more intellectual tastes on which a larger share of the nervous energies are expended, and less on the animal appetites and instincts.

1390. Tainted meat is prized by many as being "tender," but it is not as easily digested as is fresh, which can be always known by its elasticity to the touch; it does not leave the indentation of the finger, as in dough.

1391. If we look through the circle of the hand at a painting or other thing, we get the depth, the relief, which is necessary to a satisfactory view, the focal length being increased; it exposes deficiencies, and enables one to better judge of the real value of any work of art; it is both a stereoscope and telescope; always at hand, and saves straining the eyes.

1392. The safest tonic for persons who have not a good appetite, is some kind of food which they relish, as canary birds and bull-finches "pick

up" when fed now and then with green plantain leaves, chick-weed, shepherd's purse, and groundsel.

1393. It has been known for a hundred years, that if the garment worn next the skin is saturated with salt-water, it quenches intolerable thirst, because the warmth of the skin sets up a distilling process, and the vapour of water makes its way into the circulation, the particles of salt being too large to enter, and too heavy to rise.

1394. A poor young man, too lame to walk, too near-sighted to see any distance, for years and years an invalid, whose only available method of making even a little money, is in operating a knitting-machine, writes: "I would think it one of the greatest blessings of my life, if I could earn enough for mother, who is now eighty-four, that she would not have to tire herself with work for the rest of her life." Here is a hero with a heart worth more than gold. Shame be to that child who is content to look to a parent for a support, and is meanly waiting in idleness, for death to put him in possession of his inheritance.

1395. "Did you break that glass?"

"Yes, ma'am, but I didn't go to do it."

"You didn't go to do it! you didn't go not to do it, you little careless creature;" and then comes the whipping of a child, and vituperation of a servant, thus punishing for truthfulness and offering a reward for lying. Let the reader inquire if this is his method of offering the strongest temptation to the weak and ignorant, to perhaps the first falsehood. It is not only a cruelty, but a crime.

1396. Every boy and girl, when at all practicable, should be taught to swim, not only as a form of

agreeable and healthy exercise for both sexes, like skating, but as a means of saving their own lives and the lives of others. Alderman John Horn, Jr., of Detroit, Michigan, in May, 1875, saved the life of a poor little newsboy, who fell into the water in the presence of two boat-loads of people, not one of whom was willing to jump into the river: the alderman chanced to be seated in his office, and hearing a confused noise, ran immediately to the place, and without an instant's hesitation, sprang into the water and rescued the child just as he was sinking, which made the number of one hundred and twenty persons, whom he has saved from drowning. He is a good swimmer, and his method is to hold the person at arm's length, aiming to keep only the head of the drowning person out of the water; this requires very little strength, only of a few pounds. Who will not envy the satisfaction of this brave man, at the thought of having rescued so many imperilled fellow-creatures from a watery grave, and every time at the peril of his own life? Let every reader hope and pray, that his own life may not at last be sacrificed to his benignant heroism.

1397. If you are very sleepy, can scarce keep your eyes open, slide into bed without undressing; otherwise the usual preparation will thoroughly arouse you, and you may not fall to sleep for hours.

1398. Never cross a bridge before you come to it. This will save half the troubles of life.

1399. It is not wise nor is it a pure humanity, to ask a person a question, when it is to his interest to give a false answer; nor is it politic for you to

run a risk in acting upon its truthfulness. It is better to find out what you want in some other way, or have some corroborating circumstance, or additional testimony to the point.

1400. Suspiciousness is one of the meanest and one of the most troublesome traits of human character; it makes its owner thoroughly miserable, and lays him liable to life-long and bitter remorse, if he expresses it to others. Many persons of a low nature do not hesitate, apparently, to charge their servants with theft the moment a thing is missed. The generous-hearted, the magnanimous, would rather suffer loss than to prefer a charge, at least up to the very point almost of its being a certainty. Two years ago a man charged his servant-girl with stealing $200; she was sent to a Pennsylvania prison, and now it comes to light that the money was found where he had hidden it. We cannot compute the heart-agony of that poor girl, her mother, her father, the brothers and sisters at home, of other kindred and friends. Put yourself in that girl's place for a few brief moments before you make a charge of crime against any human being.

1401. As stones in some soils add to their fertility, by preventing their becoming baked and hard, by keeping the loam more moist, preventing speedy evaporation, and regulating the temperature as well as by their more or less disintegration by the action of the weather, and by attrition, giving out atoms of nourishment of plants, in the form of iron, or lime, or other elementary principles; so do the stones of life, its hard lumps, its rough pathways, serve to modify human character, to give it nourishment, and strength, and vigour, to accom-

plish higher and better things, than if there had been no experienee of them ; so that even the hardships of life have their value.

1402. Consumption is almost unknown at Samara on the Tigris, 34° north latitude, where the vicissitudes of the weather are great and frequent. Ucke thinks this exemption arises from the fact, that the atmosphere contains a greater amount of oxygen than at any other station where observations have been made in reference to this point. At Barnaul, 200 lbs. of oxygen are breathed in a week ; 167 lbs. at Seringapatam ; 192 lbs. in London. In a year, 2,385 lbs. of oxygen are breathed in Siberia ; 2,326 in Eastern Europe ; 2,272 in Central Europe ; and in Western Europe, including Brussels and London, 2,305, or a little over a ton a year. A high barometer indicates an increased amount of oxygen, but decreased by humidity and a high temperature.

1403. In shutting a door sometimes the whole side of the house is jarred, and the ugly noise can be heard all over the building ; put a single drop of oil on the catch or latch, and it can be closed with an infant's hand, without noise or jar ; so often, in common life, will a drop of moral oil, a kind, a deprecating, a good-natured word, cut short off a great variety of jars, domestic, social and business, which otherwise would end in cruel woundings and life-long estrangements.

1404. In 1539 there was found in Sautse Abbey, England, "a bedstead with a nett for knatts," a veritable mosquito bar ; so all knowledge of comforts and conveniences was not left for moderns to invent and discover.

1405. As steam does daily in Great Britain the work of a hundred million of men, some other means must be devised for generating power when all the coal is burned up. There are several sources of inexhaustible supply, and he will make himself an undying fame who will discover the means of their inexpensive utilization; the wasted power of the tides of the ocean, the heat in the sunshine, the motor power of electricity, which, although illimitable, is too expensive on account of the costliness of zinc, one of the materials for its generation; the wind-mills and the water-wheels we will always have; gunpowder and nitro-glycerine have great power, which might be made use of to propel machinery, if some one could devise some method of regulating it.

1406. The wounded young soldier was insensible,—the surgeon said he must die. Chaplain Moody thought that if he could be aroused even for a moment, he might send some word to those at home, which would be a solace to them for all life thereafter; and in a loud voice, called his given name: "William, do you know where you are?" Turning his glazed and darkening eye in the direction of the sound, he replied, "Oh, yes, I'm on my way home to mother."—"But you are dying; have you any word to send to her?"—"Tell mother that I died trusting in Christ."—"Anything more?"—"Yes, tell mother and sisters to be sure and meet me in heaven,"—and he was gone. Thus it is that the Christian's hope is an anodyne in death; and while it banishes bodily pain, it rises to the height of beatific visions, and gives joys unutterable up to the very verge of existence.

1407. The author once advised a young man who seemed to be in the last stages of consumption to leave New Orleans and spend the winter in Canada; he had but little hope of reaching there alive, but he succeeded, and followed closely some general instructions. Twenty years later he called in New York on a European excursion, weighing one hundred and ninety pounds, in robust health. Before the war a young clock tinker, reduced to a skeleton, almost too weak to walk, was constantly coughing, and had wasting night sweats; he was advised to quit coughing and sell newspapers. Ten years later he called and reported himself well; he had procured the office of carrying the newspaper mail twice a day from the railway station to the village, a distance of three miles, each way, which he did on foot; he had no overcoat, so he was advised as winter was coming to walk faster and faster, and if he got chilled to run so as to keep him warm and develope his lungs; some of the country people thought he was crazy, and when they saw him in sight with his load of papers, they would commonly exclaim, "Here comes the crazy tinker!" He was not crazy, he was trying to make a living for his two poor old and helpless parents; and he succeeded, for in the intervals of mail carrying, he would follow his tinkering; by sheer force of will he resisted cough and kept it under. A young man called for advice, he had drenching night sweats, a spiteful cough, and had brought up at different times several quarts of blood, debilitating him greatly; he seemed to need no medicine but was advised to go to the Adirondacks, camp out, hunt and fish, so as to get all the pure air

possible, day and night, as well as to get up also a good appetite and a good digestion; for all consumptives must have air, and strength, and flesh. In three months he had gained twenty pounds, and had improved in other respects very decidedly, but his friends persuaded him that he could not stand a northern winter. He went to Florida and returned in six months, not near as well as when he went away. In Samara, on the Tigris, 34° N. L., consumption is almost unknown, although the climate is very changeable. These narrations are given as facts coming under the author's personal observation, and known to be literally true. Every sixth death in this country is from consumption; every fourth death, that is about one fourth of all who die, perish from some form of disease of the air passages; every one who takes up this book has a personal interest in the subject, for either he or some near friend or relative will fall a victim to this class of maladies. The points which suggest themselves are these: consumptives must have out-door air, every breath possible; it must be a cool air, because it has the most oxygen, which is absolutely necessary to the purification of the blood, and only does good in proportion to its amount; warm air and moist air contain but little of it, hence flat warm moist countries are the worst for consumptives, and yet they crowd down South every year in droves only to die; in short, the consumptive must have a cold air, a dry air, an atmosphere containing the greatest proportion of oxygen; in all latitudes which are habitable, warm air is so full of moisture that it displaces the oxygen, hence does not feed the blood, consequently always debilitates; hence

in the changeable climate of Samara, with its large supply of oxygen, consumption is almost unknown.

1408. The consumptive imperatively needs more breath, flesh, and strength, and these are best secured by a sufficient amount of daily exercise out of doors to insure a vigorous digestion of nourishing food.

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